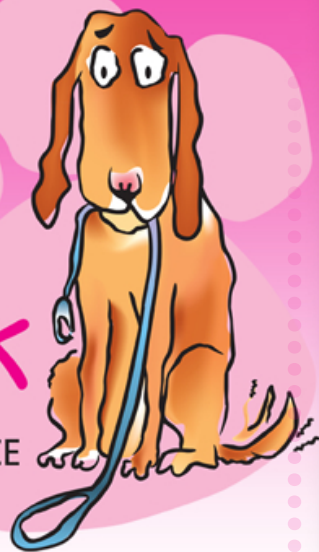


DOG BEHAVIOUR
TRAINING
MANUAL

A Step by Step Guide to Correcting Your Dog's Behaviour...

Paws in
the Park

PETCARE & WALKING SERVICE



Kirsty Erin Millar

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Finally, please use your head. Nothing in this Manual is intended to replace common sense, legal, medical or other professional advice; this guide is meant to inform and educate the reader.

Contents

About your Dog – The History of the Dog Pack	7
The Nature of a Dog Pack in the Wild.....	7
How your Dog Perceives the Pack within your Family.....	7
Characteristics of a Pack Leader	8
Human Projection	9
The Importance of Exercise	9
Your Dog’s Basic Needs.....	10
Characteristics of dogs that think they are the Pack Leader	11
Dogs that Jump	11
Dogs that Control.....	11
Dogs that Dig up the Garden	11
Dogs that Bark or Cry	11
Dogs that Jump the Fence / Escape Artists.....	12
Dogs with Separation Anxiety.....	12
Dogs that Hump	13
Dogs that Pull on the Lead.....	13
Dogs that Leave Food or Guard Food	14
Dogs with Nervous Aggression	15
Dogs that are Possessive.....	15
Dogs that Guard their Territory	15
Dogs that Run Away on Walks	16
Dogs that Play the Chase Game	16

Dogs that Fear Noises	16
Dogs that Play Too Rough	16
Dogs that Defaecate and Urinate in the home	17
Dogs that Eat their own Faeces	17
Dogs that Eat Cat or Other Animal Faeces.....	18
Dogs that Self-Mutilate and Tail Chasers.....	18
Dogs that have Irrational Fears.....	18
Dogs that Bite or Attack.....	19
The Four MAJOR Techniques	20
The Essence of the Techniques.....	20
How to Act during the Techniques	20
Distraction Aids that Complement the Four Pack Leader Techniques	21
Distraction Aid 1: Food.....	21
Distraction Aid 2: Verbal Distraction.....	21
Verbal Distraction: How To Deliver the Tone	21
Distraction Aid 3: Blocking	22
Distraction Aid 4: Ignoring	22
Distraction Aid 5: Warning touch.....	23
How to Deliver a Warning Touch.....	23
The Four MAJOR Techniques that Elevate YOU to Pack Leader Status.....	25
Technique 1 – Wild Dog Pack (Going on a Hunt)	25
Technique 1 – Domestic Dog Pack (Going for a Walk).....	26
Technique 2 - Wild Dog Pack (Eating their Prey)	28
Technique 2 – Domestic Dog Pack (Feeding Time).....	28

Technique 3 - Wild Dog Pack (Reforming the Pack).....	29
Technique 3 – Domestic Dog Pack (Reuniting with your family).....	29
Technique 4 – Wild Dog Pack (Times of Perceived Danger)	30
Technique 4 – Domestic Dog Pack (When your dog perceives a threat to the pack’s survival).....	31
How to Counteract Specific Behaviour Issues	32
Dogs that Jump	32
Dogs that Control.....	35
Dogs that Dig up the garden	36
Dogs that Bark or Cry	39
Dogs that Jump the Fence: Escape Artists	41
Dogs with Separation Anxiety.....	42
Dogs that Hump	44
Dogs that Pull on the Lead.....	45
Dogs that Leave or Patrol Food.....	47
Dogs with Nervous Aggression	49
Dogs that are Possessive.....	51
Dogs that Guard Their Territory.....	53
Dogs that Run Away on Walks	55
Dogs that Play the Chase Game	57
Dogs that Fear Noises	59
Dogs that Play Too Rough	61
Dogs that Defaecate and Urinate in the Home.....	62
Dogs that Eat Their Own Faeces	64
Dogs that Eat Cat and Other Animal Faeces	65
Dogs that Self-Mutilate.....	66

Dogs that have Irrational Fears (Flooding – Subjecting the Dog to his Fear) 67

Dogs that Bite or Attack..... 70

What NOT to do with Your Dog 71

The Classic Mistakes people make with their Dogs..... 71

About the Author 76

Acknowledgements..... 78

Creative commons 80

Links & Resources 83

Products 84

- Colour Code:**
-  Key Point
 -  Encouragement
 -  Dog’s Perspective
 -  Dog Fact

About your Dog – The History of the Dog Pack



FIGURE 1

Believe it or not, your dog's DNA is 98.5% that of the grey wolf. Given this incredibly high percentage, although your dog is domesticated, it shares 98.5% of its DNA with that of a wild animal. This should demand immediate respect for this proud and graceful creature. Take a moment to digest this information. Your pet is a proud canine whose essential nature is to be running free, to be part of a social pack and to have a purpose. As a dog owner, you have a responsibility to fulfil this amazing creature's every need, and to honour and respect its true essence. By purchasing this Manual you obviously care deeply for your dog, so let's get on to showing you how to do it well.

The Nature of a Dog Pack in the Wild

In the wild, a dog pack is usually made up of the male and female alpha pair. This couple becomes the leader of the pack. The alpha couple mates, leads the hunt and makes all the decisions on behalf of the pack. The alpha pair re-establishes its status through rituals that take place on the hunt, when feeding, when reforming the pack (in case one of the alphas has been injured or killed and a new alpha needs to be elected) and at times of danger. Every dog pack needs an alpha pair; without this couple it is certain death for the remaining pack members.

How your Dog Perceives the Pack within your Family

Even though your dog is now living as part of your family, your dog is still functioning within the same framework as if it were living in a wild pack. In your dog's mind, survival is based on having an organised structure of leaders and followers. In the domestic environment, pack leader status is reaffirmed when you walk your dog, at feeding time, when you re-unite with your dog and at times of danger. (Please bear in mind that the danger your dog perceives is very different than what you see.) For example, you know the garbage truck is simply coming to take rubbish away. Your dog, on the other hand,

might perceive this truck as a potential threat purely through a lack of knowledge and understanding of its environment.

Characteristics of a Pack Leader

Our world consists of many leaders. Those who are most respected and successful possess the following characteristics: compassion, care, confidence, an ability to take charge, make all decisions, protect, lead by example, be consistent, respectful, and assertive. These are the qualities you need to express in order to be a successful and respected leader.

If you are not displaying the necessary characteristics of a pack leader, whether your dog believes it is capable or not, it will step up to the plate in order to maintain the pack's survival. You will notice one of two things happening if you have more than one dog and if you are not the pack leader:

1. One of the dogs may become more dominant with the other dog, as well as with you, your family and other animals and people outside your family unit. You may also notice that the subordinate dog has a more relaxed and joyful disposition. Any idea why? The subordinate dog is living the life of the follower and therefore does not carry the stress of making decisions or having the weight of ensuring the safety of the pack on his shoulders.
2. There can be disharmony between the two dogs as they may both fight to be the top dog. This can lead to aggression and tension between the two animals, fights over food, and other destructive and antisocial behaviours.

None of the above is healthy for domesticated dogs, and no dog should be in the pack leader position. Domesticated dogs are not living in a natural environment. We take care of their needs, and they never have to fend for themselves. As a result, domesticated dogs are incapable of making good decisions. This is why it is essential that you embrace the role of leader to ensure a peaceful and calm existence for your beloved best friend.

Human Projection

Please be aware that, as humans, we naturally want to nurture and take care of our dogs as we do our children. But your dog is not a child. To truly honour your dog you need to acknowledge this fact. Please bear in mind that you will probably feel uncomfortable with some of the following techniques. You may project how you would feel onto your dog. For example, with the “Ignoring Distraction Aid,” you may believe your dog thinks that you don’t love him anymore. But dogs don’t perceive human actions in this way, and they don’t analyse human behaviour. They just react to what is happening in front of them at a given moment. Don’t let **YOUR** anxieties and fears get in the way of giving your dog the biggest gift of all. By letting dogs be free to be dogs and subordinate pack members, they don’t have to shoulder any responsibility and can simply enjoy the benefits of living in a domestic environment. If you start letting your emotions get in the way, you will not be able to help your dog effectively maximise his enjoyment of life.



FIGURE 2

The Importance of Exercise



FIGURE 3

Before we go any further, I would like to point out just how important exercise is for your pet. Let’s look at the wild pack of dogs to get a better understanding of how integral walking and exercise are for your pet. The daily activity of a wild dog pack is waking up and then migrating for a large portion of the day in order to move to new territory or find food. After this, the pack generally settles back down and sleeps for the remainder of the day until the next morning when the cycle starts again. Therefore, I can’t stress enough that exercise is an essential part of your dog’s life in order to optimize physical and mental health. Dogs that don’t have a walk at least once a day are not getting their fundamental needs met. All dog owners should make walking their dog a priority, and if they are not able to do so, other arrangements should be made.

You could take turns with your neighbours to walk both your dogs on alternate days, or employ a dog walker on the days you are unable to attend to this essential need. If this need cannot be met, then perhaps a different pet may be the best solution.

Your Dog's Basic Needs

In order for your pet to live a healthy and balanced life, your dog needs to have the following needs met:

- Pack Unit (a pack unit can be made up of your dog and one other human or animal)
- Daily Exercise
- Shelter
- Food and Water
- Social Interaction

Characteristics of dogs that think they are the Pack Leader

The following are behaviours and characteristics of dogs that believe they are the pack leader. Your dog may display one, some, or all of the following behaviours.

Dogs that Jump - If your dog is jumping like a yoyo to greet you when you arrive home, this is a sign that he is returning you to your rightful position within the pack and that position is subordinate! Dogs use eye level contact to establish hierarchy. (It is important to NEVER lift a dog whilst it is around other dogs; you or your dog is more likely to get bitten or jumped on as the other dogs will try to re-establish the hierarchy via eye level contact.)

Dogs that Control – I once had a friend who had a Staffordshire terrier who learned to control his owner by leaning across his body. Not only did he lean, he would gradually move his whole body until he was sitting or lying on his owner's body, paws and all! Whilst this may seem like a loving gesture from your pup, it is in fact another behaviour used in the wild to control the movements of another pack member and to assert dominance. If you permit this behaviour, you are reaffirming your subordinate position in the pack.

Dogs that Dig up the Garden –The first point to highlight here is that it is a natural activity for dogs to dig. The fact that the dog is digging up your favourite flowers is the issue – NOT that the dog is actually digging. There are a number of reasons for digging, including a fascinating smell or the possibility of something yummy to eat below the surface. Dogs can also dig to get to cool earth so they can naturally lower their temperature (very clever indeed). The key point here is that it's a natural behaviour and should be managed, not punished.

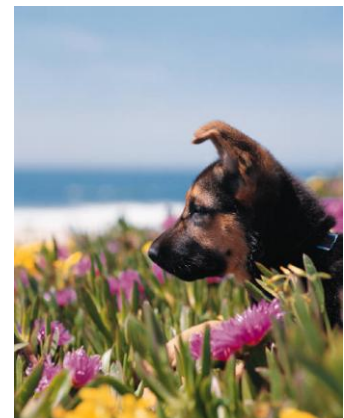


FIGURE 4

Dogs that Bark or Cry – This behaviour is very common. Neighbours of barking or crying dogs are the worst affected by this dysfunctional behaviour. I have heard many a story about unfortunate people who have been sandwiched between incessant barking

and the heart-wrenching sound of a dog crying out for his pack. Dogs displaying this behaviour are in a state of anxiety.

This is yet another manifestation of a dog that wants to be a pack leader and thus is in a dysfunctional mental state due to worrying about the safety of his pack. Howling in the wild is a way to call other pack members to reunite. When you hear a dog howling next door or your neighbours tell you your dog is howling, just think how sad and afraid your dog is when he calls out to his pack to reunite.

When you leave the house, your dog doesn't know whether you will return. Being alone means certain death for your dog – as it does in the wild. Just think how you would feel given the same situation. The barking dog is in the zone of stress, constantly feeling it has to protect his territory from unwanted dangers. Without the rest of the pack present for back up, the barking becomes more incessant, as in the dog's mind the more he can warn off the potential danger the safer he feels.

Dogs that Jump the Fence / Escape Artists – Dogs that are skilled escape artists are again following a natural survival instinct. Usually the escapees are dogs that are locked in their homes or back gardens and left for long periods of time on their own. Think again of how dogs behave in the wild. If you are a dog who is stuck in a place with no sign of your pack for an extended period of time, what are your best chances of survival? Trying to escape is your best option, and that mirrors what any human would do. Your dog is doing exactly that, protecting himself from certain death if he stays where he is. Remember, he has no concept of when or if you will ever return. Dogs operate in the present moment and respond to what is facing them at that point in time.

Dogs with Separation Anxiety – Pack leaders who are left alone, either in the garden or home, tend to cause mayhem because of anxiety and stress.



FIGURE 5

Again let's look into the mind of the dog:

Dog's Perspective

Your whole pack decides to leave the safety of the den and leave you behind. You look everywhere; they are no-where to be found. Like a worried parent, you start to tear your hair out because of the stress. You may try to escape by jumping the fence, you may tear the house apart, dig up the garden, you may even attempt to self-mutilate or bark constantly throughout the day or howl calling for the return of your pack.

Look at the stress on your poor animal that you love and adore. This is not healthy for your dog. Please note: dogs that are left for hours and hours alone are not going to be getting their needs fulfilled. Dogs are social creatures, and one of their basic needs is to be part of a pack unit – it's unfair for any animal to be left alone for long periods of time.

Dogs that Hump – This behaviour could be caused by many things, including mating and playing. However, dogs that hump can also be displaying dominant behaviour with other dogs. As with other scenarios (such as placing the head over the neck and shoulders of another dog or holding a dog down beneath them), these are signs of dominant behaviour. In the wild, violence among dogs always starts with placing of the head over the neck and shoulders of another dog, as this is the most vulnerable area and a dog can be killed instantly with a bite to the throat by a more dominant pack member.

Dogs that Pull on the Lead – First, consider the fact that it's very unnatural for a dog



FIGURE 6

to be on a lead, as in the wild dogs are free to run. By putting dogs on a lead, the dog automatically becomes defensive since this action removes one of his survival options – to flee and run away. Dogs who believe they are the pack leader tend to become more aggressive and defensive when placed on a lead.

The reason your dog pulls on the lead is because in the wild, the pack leader will always lead the rest of the pack on the hunt. Pack leaders are always out at the front to give instruction to the members of the pack who follow. When you and your dog leave the house, the dog's natural response is to act as if he is going on a hunt.

Dogs that Leave Food or Guard Food – Again,

consider the pack environment. The alpha pair leads the hunt; it catches the prey. The alpha pair will ALWAYS eat first; the pair naturally expends more energy making decisions and leading the pack. Also, they are the only



FIGURE 7

dogs that will mate and reproduce, and therefore they need to keep their strength, energy and vitality in order to produce healthy offspring and maintain the survival of the pack.

Keeping in mind all of the above, for dogs that believe they are pack leaders, the food they are given becomes a source of power and control. People who feed their pets whilst they eat are reaffirming their dog's pack leader status. Leaving food out all day for your dog also reaffirms (in the dog's mind) that if it has access to food 24/7, then it must be the pack leader.

I had a situation with one of my clients where their dog would never eat its food or only a very small amount of food. My clients made the classic mistake of putting the food down and leaving it there in the hope that one day the dog would eat it. This dog had a great deal of anti-social behaviour because he thought he was the pack leader by default, since no other pack member had taken on that role.

I was actually house sitting for the client at the time, and was able to observe the dog's behaviour very closely. I would put the food down, and he would go over, have a sniff and walk away, but always keeping one eye on the bowl. If the other dog approached the bowl, he would warn her away by growling and showing his teeth. What became very apparent was that this dog was in a constant state of anxiety; he felt so overwhelmed and dissatisfied in his pack leader role that he became obsessed with his

food. After all, this was one thing he could maintain control over, even though he was failing in all other areas. He felt so out of control that he was slowly starving himself!

Dogs with Nervous Aggression – Dogs with nervous aggression are on constant alert for danger. Their reactions usually come in the form of nipping, biting, growling, showing their teeth, barking and jumping on anyone or anything they perceive as a threat. I had one client whose dog had never been socialised with other dogs before. Her nervous aggression came out in the form of a high-pitched scream if I, or any of the other dogs, breached her personal space. If another dog got too close, she would let out an almighty screech, followed by a number of erratic nips before retreating to anywhere she felt safe. This is one of the most out of control states a dog can be in and can lead to aggressive and unpredictable behaviour.

Dogs that are Possessive – A lot of people think it's endearing and loving when their dog follows them everywhere, even into the toilet. They think their dog must love them so much he can't bear to be without them. I'm sorry to tell you this, but your dog is not feeling intense



FIGURE 8

feelings of love and longing to be by your side. This behaviour is another form of control, and it can play out when walking or in the home, where the dog places himself between you and another family member, or between you and another dog whilst out walking. The dog sees you as a lower-ranking member of the pack who needs to be cared for. If the pack leader has you in their sight at all times or is positioned between you and "potential danger," then he knows that you and his pack are safe.



FIGURE 9

Dogs that Guard their Territory – This behaviour is displayed when dogs patrol their territory by constantly running the boundaries of their home. The dog's mind becomes fixed in a dysfunctional mental state, focusing on any noises or people walking by as potential threats to the well being of the pack. This behaviour can be accompanied by erratic barking at any noises or people or

dogs walking by. Dogs displaying this type of behaviour are in a constant state of anxiety.

Dogs that Run Away on Walks – Dogs that run away off leash believe they are the pack leaders. In the wild, the alpha pair leads the hunt and is located at the head of the pack. When the leaders run, the rest of the pack automatically follows. Applying this concept to the domesticated dog who goes on a walk with



FIGURE 10

its owner, you can understand that dogs that run away are doing something quite natural: leading the hunt and assuming that the rest of the pack is running behind them.

Dogs that Play the Chase Game – Dogs that love the chase game are in a state of play, but also in a state of control and manipulation. I have seen many a dog that especially likes to play this game just when you want to leave the park. I have observed many dog owners chasing their dogs around, trying all sorts of bizarre tactics to get their dogs to return, usually with no joy in the process.

Dogs that Fear Noises – Many animals react strongly to loud noises like drills or sounds they do not understand. This behaviour is normal. A dog that believes he is the pack leader will have a much more intense reaction. Some dogs may cower for safety, fearing for their lives, or display other erratic behaviours. Others may bark insanely at normal household noises such as a ringing telephone.

Dogs that Play Too Rough – This behaviour usually involves younger dogs that are learning to play, but use their mouth and teeth with too much force. Mouthing is a dominant trait, but in this case it is a matter of degree. It is your responsibility, as pack leader, to let your dog know what level of pressure is appropriate.

Dogs that have been taken away from the litter prior to 12 weeks are more likely to have this issue, as they have not learned to gauge acceptable force to use with their teeth.

Dog Fact

This is a good place to reiterate the fact that any young animal that is taken away from its mother before the age of 12 weeks is being done a serious disservice in its own development and growth. As the owner, the responsibility to do the right thing lies in your hands.

Dogs that Defaecate and Urinate in the home – This behaviour is often a sign



that your dog feels completely overwhelmed in its role as pack leader. It feels anxious much of the time, and feels it is failing in its leadership role. To make matters worse, owners who are unaware of the despair their poor pet is

FIGURE 11

going through may punish him by putting his nose in it or smacking him. This reaction creates more anxiety in the dog and is more likely to make matters worse. It may even result in other behavioural problems.

Dogs that Eat their own Faeces – This negative behaviour follows from the previous characteristic of soiling in the home.

Dog Fact

Please note there may be other reasons why a dog would eat its own poo, including nutritional deficiencies or other health concerns. It's best to get these potential health issues checked out first.

Here I am referring to the psychological issues of dogs eating their own poo. Dogs that eat their own poo feel terribly overwhelmed about their perceived leadership status. This, accompanied by fanatical owners who create stress and anxiety around toilet times, results in the dog eating its own faeces to escape from the anger or negative behaviour displayed by the owner.

Dogs that Eat Cat or Other Animal Faeces

This behaviour is somewhat different from dogs that eat their own poo, and instead may be more related to health or nutritional deficiencies. This also could be an obsession for the dog. Either way, it's an antisocial behaviour and needs to be corrected.



FIGURE 12

Dogs that Self-Mutilate and Tail Chasers – The first point to make is that chewing or nibbling may be caused by environmental allergies or food allergies. These possibilities need to be eliminated before moving on to the techniques.

Dogs with psychological issues may display behaviours such as nibbling their feet or tail 'till they bleed, or they may display other unusual behaviours such as chasing their own tails. These behaviours result from an incredibly anxious, under-exercised and/or bored dog. The stress is usually caused when a dog is forced into the pack leader role, or he may not be releasing the pent-up energy within his body.

Dogs that have Irrational Fears – Dogs who have unwillingly become pack leaders may display antisocial behaviour in the form of fear. They can become fearful of bicycles, motorbikes, the vacuum, the car, the telephone or hair dryer. This behaviour can literally manifest in any form of fear. As the dominant pack member that lives in an environment unconducive to making decisions, such dogs feel overwhelmed and may become obsessed with fear. They worry constantly about unusual sounds or objects that they don't understand, and they may fear that such things will hurt the pack they are in charge of.



FIGURE 13

Dogs that Bite or Attack – Similar to human beings, dogs have one of three options when they are in danger: freeze, flight or fight. In the dog’s world, to fight is to attack and bite the opposing threat. This is the most destructive characteristic a dog can display. Most dogs that are in a fearful position will deliver a warning nip expressing that they mean business.



FIGURE 14

The dogs that go one step further perceive the opposing threat as highly dangerous to the survival of their pack. There is no time for a warning and they go in all “guns a blazing” with a full attack. Please note, this is a rare occurrence and most scuffles between dogs are a lot of noise and body contact. However, if you have a dog that is prone to attacking other dogs, I would highly recommend you seek one-on-one assistance from a trained professional; I honestly believe ALL dogs can be rehabilitated!

The Four MAJOR Techniques

The Essence of the Techniques

The essence of the techniques is to mirror the behaviours of a wild pack of dogs. After all, even though we treat our beloved companions like children, the dog knows and will always know that it's a dog. The great thing about walking a large group of dogs is how wonderful it is to see the interaction between the same species. They are all speaking the same language, they are consistent, and each dog knows exactly where it stands within the hierarchy. This is what we will try to simulate. The techniques that follow will mirror the behaviours that dogs understand, with the focus centered on elevating you to the head of the pack.

How to Act during the Techniques

The key to delivering consistent instruction to your dog is to remain calm and assertive at all times. Dogs pick up on energy and body language, and even though you verbally may be saying one thing, if your energy and body language don't match, your dog will become confused. Dogs by nature are social pack animals, and like any social creature they want harmony, love and respect. Ultimately, your dog wants to please you, but if someone speaks to you in Chinese and you only know English, it will be very hard to understand what he is asking of you.

Distraction Aids that Complement the Four Pack Leader Techniques

The following can be used alone or several Distraction Aids can be combined for a greater impact.



FIGURE 15

Distraction Aid 1: Food – To a dog, food is the key to survival. Rewarding positive behaviour with food reaffirms that the dog has done what has been requested. Never underestimate the power of food!

Distraction Aid 2: Verbal Distraction – Dogs that do not listen to their owner need to be stopped with perfect timing at the moment they take action. A high-pitched whistle, voice, growl or word can be used to refocus the dog's mind and bring his attention back to you.



FIGURE 16

Verbal Distraction: How To Deliver the Tone – It is important that your verbal delivery of a distraction aid is performed correctly. Again, we return to the wild dog pack. The idea is to mirror the tone that an alpha male would use to discipline lower ranking pack members.

If you think of a dog that is warning another dog, his tone is usually a low rumbling growl. Most dogs would respond to this and back off; those that do not usually get a warning delivered from the more dominant dog. This usually consists of a series of rapid barks or growls that follow one another in short succession.

Whilst I am not expecting you to become a master of dog growling, it is important that the distraction resembles this low, deep tone and conveys the energy and vibe that you mean business and are not to be messed with. If you are using a whistle, make sure it's a high-pitched one, or one specifically designed for dog training.

An additional tip on verbal affirmations is to use the same words. Dogs can learn the English language and understand words if they are used often enough and consistently. A friend of mine is half French and her mum has taught her dog many French words that he understands perfectly. The key is repetition and consistency.

Distraction Aid 3: Blocking – This technique is most useful when you are in close proximity to your dog. The essence of this technique is to stand between your dog and the object, person or dog that it is trying to reach. By blocking the dog, you are taking ownership of the situation and claiming possession over the object, person or dog you have blocked. If you relate this to a human situation, it would be similar to standing between two people having an argument. You are creating a physical barrier that separates them. The principal is identical. (Please note: do not use this technique in any instance where you feel you are putting yourself at risk.)



FIGURE 17

Distraction Aid 4: Ignoring – In the wild, dogs that are more highly ranked than other dogs will ignore the lower ranking dog. They do not make eye contact or physical contact; instead they maintain space between themselves and the other dog. The essence of this technique is respect: the lower ranking dog is giving respect to the higher ranked dog by honouring his physical boundaries.



FIGURE 18

Let's put this into a human scenario. A man is at a party, he notices a lady he admires and walks up to her to introduce himself. She thinks she is way out of his league, makes no eye contact, turns her back and walks away. The man has been put firmly in his place in her mind – below her. Such actions suggest exactly what a higher ranked dog would do to a lower ranked dog.

Distraction Aid 5: Warning touch – In the wild, if a dog is behaving inappropriately, the alpha dog will deliver a warning bite to the other dog. This action is not intended to break the skin; it is delivered to bring the focus of the anti-social dog back to the present moment and to make him aware that his behaviour is not acceptable.



FIGURE 19

You may notice when walking your dog, that younger dogs often get a lot of warning nips from older dogs to put them back in their place if they are jumping or annoying them. This can be a great lesson for younger dogs, as it teaches them doggie etiquette of what constitutes acceptable vs. unacceptable behaviour.

How to Deliver a Warning Touch – To be clear, a warning touch is not meant to hurt your dog. It is intended to bring his focus back to the present moment. Imagine that someone is in a trance because he is concentrating so hard, and you intervene by putting your hands on his shoulders and shouting “boo.” Instantly the trance will be broken and his attention will come back to the present. The same is true for your dog.

For your dog, all you need to do is simulate the movement of a dog bite with your fingers or place your fingers together and deliver a short jab. This should be delivered on the soft part above the hip. Just to reiterate, this action is NOT meant to cause your dog pain; it is meant to startle him and bring him back to the present moment.

Dog Fact

Please note doggie etiquette is learned from the time the pup is born. A dog learns social behaviour from the other pups in the litter and “its mum,” the alpha dog. If a dog is removed from the litter before it is 12 weeks old, you are essentially hindering the dog’s ability to learn good manners within a natural pack environment. Taking pups away from the litter before they are 12 weeks old can lead to anti-social and dysfunctional behaviour later in life.

Each dog is different and may respond more favourably to one Distraction Aid than another. This will be a matter of trial and error. In time you will find out what your dog responds to best.

The Four MAJOR Techniques that Elevate YOU to Pack Leader Status

The four following techniques are to be used consistently on each critical interaction with your dog. These techniques should be incorporated into your lifestyle with your dog. Even if you are consistent with the techniques for up to four weeks, if you lapse and become inconsistent, the problem behaviours will return. Remember, your dog operates on a minute-by-minute interaction with its environment. If one day you are the pack leader, and the next day you show signs you are not, guess what! – your dog will have to step into the leadership role, for in its mind the survival of the pack is at stake.

As previously stated, all of the techniques included here reflect the behaviours of a wild pack of dogs. In the wild, a pack of dogs will use ritualised behaviours to reinstate the hierarchy of the pack and to ensure its survival. Ritualised behaviours take place at four junctures: going on a hunt (walking), eating the prey (feeding), reforming the pack (reuniting with the family), and at times of danger (when the dog perceives a threat to the pack's survival). Each of the four techniques explains how a wild pack behaves, and then discusses how such behaviour can be mirrored in the domestic environment.

Technique 1 – Wild Dog Pack (Going on a Hunt)

In the wild, a pack of dogs will initially get “pumped up” and adrenaline will surge through the body in preparation for the hunt. The pack regroups and settles into its natural hierarchy before the alpha leaves the den and heads out into the unknown. During the hunt, the alpha pair leads, giving instructions to subordinate members of the pack who follow. The pack works as a team, and all subordinate members look to the alpha pair to make all the decisions.

Technique 1 – Domestic Dog Pack (Going for a Walk)



FIGURE 20

In the domestic environment, even though we humans see going for a stroll as a calm and peaceful activity, our dogs will react as they would naturally in the wild, getting “pumped up” and getting the adrenaline flowing through their bodies. This is a natural occurrence and is permissible so long as the dog is not jumping all over you or other people.

The crucial part of this technique is when you place the lead on the dog or when you head out the door. The dog must be calm and quiet whilst the lead is placed over the head. This may take practice if your dog is used to jumping and whirling around whilst you approach him. Bring the lead to the dog’s attention; if it does anything other than sit quietly, then put the lead down and walk away. If the dog jumps up at you, make no eye contact, turn your back and gently push him away.

Encouragement

Please note, dogs are smart creatures. They will soon associate sitting quietly with going for their walk, so don’t give up at the first hurdle. It is well worth the effort.

This technique may take a few tries before the dog realises something is different and the only way he is going to get his way is to sit quietly.

The second part of this technique is to make sure your dog is by your side as you leave the house. Remember, the pack leader always leaves the den first to check for possible danger. You, as the pack leader, must be the first to leave the house. By now the dog will have the lead around its neck and will be anticipating the walk.

Tell your dog to sit and stay as you calmly open the door and move through the doorway whilst your dog remains calm and still. When you are satisfied, you may call your dog to come and walk by your side. If your dog tries to barge through the door before you have given him the command to join you, start the process again.

Key Point

Please note, this technique can be used along with the distraction aids such as the verbal, food reward, or warning touch. To refocus the dog's mind, see the following tips.

Food - Ask your dog to sit and stay (reward with food). Ask your dog to join you outside (reward with food). If your dog does not do as he is told, do not give any food and begin again.



FIGURE 21

Verbal - Ask your dog to sit and stay. Your dog starts to move, and you anticipate this behaviour. Before he has chance to act you blow the whistle, say assertively "Hey" or simulate a bark or growl. The purpose of this is to refocus the mind of the dog and deter him from following you outside. It brings the dog back into the present moment where he is completely focused upon you.



FIGURE 22



FIGURE 23

Warning Touch - Dogs in the wild deliver a warning nip to other dogs if they are out of line. It doesn't break the skin, but it startles the dog and brings its attention back into the moment. It stops dogs from continuing any behaviour the alpha dog does not approve of. Should your dog begin to move before your command, similar quick timing is required as with the previous aid. Just as the dog is about to move, deliver a quick warning touch. Please note, this is not a smack and should not cause any pain to the dog. It is simply a touch or nudge with your fingers, and is most effective on the neck or just above the hip. Similarly, if you were walking with a friend and there was a pot-hole in front of him, you would quickly nudge him, bringing his attention back to the present moment.

Technique 2 - Wild Dog Pack (Eating their Prey)

This technique is extremely important. In the wild after the hunt, the dogs will have taken down their prey and be about to devour it. In the wild, the alpha dogs will ALWAYS eat first without exception. The main reason behind this is that the alpha dogs have to be the fittest and healthiest; they usually expend more energy keeping order within their pack and making decisions. They are the only couple that mates and reproduces in the pack. Any dog that tries to jump the queue will be attacked by the other dogs and put back in its rightful place.

Technique 2 – Domestic Dog Pack (Feeding Time)



FIGURE 24

This technique is simple but needs to be done with precision. Many people make the mistake of feeding their dog scraps off their plate or leaving food down for their dog all day long. These actions are very powerful signs to your dog that he is the pack leader. These actions should be stopped immediately.

First, prepare your dog's food. If you can feed your dog after you and your family have eaten, even better. If you are comfortable doing so, mix the food with your hands as this puts your scent into the food, reaffirming your status as pack leader. To take it one step further, you can get a biscuit or piece of food and appear to be eating from the dog's bowl. This sends a strong message that you (the pack leader) will eat what you need first, and only when you are full and finished may your dog get the remains.

Have your dog sit and stay and place its bowl of food down. Your dog must not be allowed to take the food until your command. The distraction aids may be used at this point; if your dog tries to lunge forward before you have given it permission, use the whistle, growl or warning touch before he can move, to refocus his attention. If you are quick enough, you may even lift the bowl just before he gets to it and restart the technique. The dog must sit and stay.

The key here is to know when you have got it right. A sure sign that you and your dog are on the same page is when your dog begins by staring at the food, and lifts his eyes to meet yours. This is a sign that he respects your decision on when to eat. Once eye contact has been made, you may give the command for your dog to eat, saying something like “good boy” and pointing to the food. As the dog approaches the food, walk away and leave him in peace. This mirrors the normal actions of the pack in the wild.

Technique 3 - Wild Dog Pack (Reforming the Pack)

In the wild, in order for the pack to survive, it must reinstate the hierarchy EVERY TIME the group reunites. The reason for this is that if one of the dogs in the pack is killed or injured, a new hierarchy must be formed. When this ritualised behaviour occurs, the pack leader remains calm. No eye contact is made with the subordinate dogs and his posture is strong and assertive. He walks through the pack and the subordinates give him room. Only when “HE” decides, does he call any of the other subordinates into his personal space. The approaching dogs keep their heads low and maintain a calm energy.

Technique 3 – Domestic Dog Pack (Reuniting with your family)



FIGURE 25

The domestic environment is not much different from the wild; however, the usual scenario in most households involves any of the following: the dog may jump all over the owner, grabbing clothes, mouthing the hands of the owner, etc. Such actions couldn't be further from the natural and respectful behaviour displayed in a wild pack.

The key points is this: adhere to this technique even if you have just gone into another room for five minutes. Dogs don't have any concept of clock time and therefore are not aware whether you have left for five minutes or five hours. Remember, in the wild they reaffirm their status every time they regroup in case there needs to be a change in the hierarchy.

First: ignore your dog, no eye contact should be made, no touching. Behave as though the dog is not in the room. This can be quite confrontational for most people, including me, because as humans we have a natural impulse to want to cuddle and nurture our pets when we see them. This behaviour, however, reinstates the dog's leadership status and the kindest thing to do is to put our dog's needs before our own.

If your dog jumps or displays any other behaviour other than a calm and relaxed manner, then gently push him away without making any eye contact or verbal communication. Only after your dog is calm and relaxed and his attention has moved away from you should you call him into your personal space. Then you can reward your dog with food or affection.

Technique 4 – Wild Dog Pack (Times of Perceived Danger)

In the wild, the pack leader makes all decisions regarding the survival of the pack. This includes making sure the coast is clear when leaving the den, leading the hunt and investigating any possible threat to the pack. All other pack members are alert in preparation for fight, freeze or flight, so their attention is completely focused on the leader in readiness for any possible action. Once a command has been given by the pack leader, all subordinate pack members become so obedient that they would literally go to their death following his lead.

Technique 4 – Domestic Dog Pack (When your dog perceives a threat to the pack’s survival)

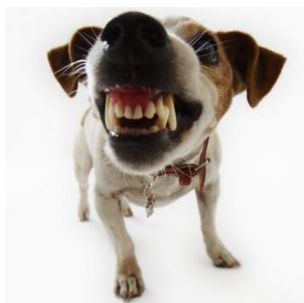


FIGURE 26

One of the main issues for a dog that is the pack leader in a domestic environment is that the environmental circumstances are constantly changing. Domestic dogs come into contact with so many new things every day; how can they possibly comprehend what is dangerous and what is just the milkman delivering the milk? The answer is they can't, and that's why they need to have the pack leader status removed so they can

live a calm and peaceful life. Dogs who have become pack leaders by default have to perceive every animal, person and situation as a potential threat.

This behaviour may be displayed by jumping on people, barking at the postman, being hysterical when the phone rings, and hiding under the bed when they hear thunder. The worst-case scenario is biting and attacking other dogs or people.

The key here is timing and your reaction to the behaviour. The most common mistake people make is to reward negative behaviour by giving into their human instinct to nurture the animal. For example, suppose the dog runs under the bed when it hears thunder. The owner runs to its aid, saying "It's ok, don't worry," gives them a pat and cuddles them whilst they are in this dysfunctional state of mind. What this does is reward the dog's behaviour and keeps the dog in the same mental state. The next time a similar situation occurs, the dog will resort to the same hysterical behaviour.

What you should do in this situation is ignore the dog's behaviour entirely, or alter the dog's mindset through gentle distraction. You may get a toy to play with or its lead, and this will temporarily move the dog's mind back to the present and shift its focus to you. Then you can distract the dog by keeping its mind in the present. If the dog refuses to move, then the best action to take is to carry on normally and ignore the behaviour. In any other circumstances (like patrolling the territory, barking at the door or growling at other dogs), the distraction aids should be used.

How to Counteract Specific Behaviour Issues

The following techniques tackle more specific issues, but to be effective, require adhering to the previous four techniques. When both sets of techniques are implemented, you will maximise successful results with your dog.

Dogs that Jump



FIGURE 27

A dog that jumps can be social suicide for the owner. People with small children become defensive, other dog owners will begin to avoid you, and friends will not want to come around to your home.

Key Point

Practice this technique with family members who don't mind waiting outside for a while whilst you get control of your dog.

This example will focus on dogs that jump on visitors coming into your home; however, the following techniques can be used in any situation when your dog is jumping.

Technique 1: Warning Touch and Verbal Distraction -



FIGURE 28

When your dog hears someone coming to the front door and starts running, barking and carrying on, the first action that should be taken is to remain calm and focused. Go up to the dog and position yourself between the dog and the door. If your dog jumps up at you, please use one of the distraction techniques. These may consist of a warning touch or verbal distraction – this will bring the dog's mind back to the present. You may need to repeat this technique until your dog gets the message.



FIGURE 29

Once the dog is calm and in a sitting position, remain in between the door and the dog. The key here, as with many of the techniques, is timing. As you turn to open the door, the dog may become defensive. The key is to be prepared to deliver another distraction technique before the dog acts, and to get its mind to refocus. As you open the door, it's a good idea to tell the person entering the house to ignore your dog and avoid eye contact or any verbal communication. Again, timing is crucial. Be prepared to deliver another distraction technique; even just a pointed finger and a verbal "Stay" in a low and calm tone may be enough.

Now that the guest has entered your home, you can release the dog from his seated position and call him to you in a calm assertive tone. Once he has obeyed, give a verbal acknowledgement such as "Good boy," with a stroke on the back of the neck. Don't make a huge fuss as this will energize the dog. Walk through your home with your guest and allow the dog to sniff the new arrival. Dogs use scent to identify other dogs and people to see if they have met before. It's crucial that the guest remains calm, makes no eye contact and completely ignores the dog. This action informs the dog that the new guest has entered the pack and is superior to him in the social hierarchy. This means the guest will be treated with courtesy and respect.

What if my dog starts to jump on the guest? – If the dog still insists on jumping on the guest, it is your responsibility (as the pack leader) to let the dog know that this behaviour is not acceptable. Stand between yourself and the guest as a barrier and block the jumping, deliver the warning touch or verbal distraction technique immediately, and continue to do so with authority.

Last resort – Escort the dog into another room – If you have done all of the above and are struggling to maintain control, move the dog into another room and close the door. Leave the dog for five minutes or until he is quiet; ignore him and avoid eye contact. As soon as he is calm and relaxed, call him into your space and reward with a stroke on the neck and say "Good boy" in a calm and quiet tone. You leave the room first and then give the command that the dog is also allowed out of the room.

If the dog continues the antisocial behaviour with the guest, keep repeating the last phase of the technique until your dog is able to remain calm and relaxed around the guest.

Encouragement

I know this can get tiring and you may have to do this twenty times before you get the desired result. But I can assure you, the ground work you put in now is setting you and your family up with a dog who will be a treasure to be around and a precious part of your family unit – never give up, it's worth the effort!

Dogs that Control

As previously mentioned, dogs that try and control your physical movements in any manner need to be demoted to a lower ranking position in the pack.

Technique1: Ignore – The following behaviour can be counteracted in a very simple



FIGURE 30

manner. When your dog starts to lean on you or climbs on top of you, grabs your clothes with his teeth or mouths (places his mouth and teeth over your hand or other body part), simply move away. For example, if you are standing at the park and your dog or any other dog comes over and starts to lean on you, never give affection or any contact to the dog that is displaying this behaviour. Simply move out of the way. Again, if your dog climbs on top of you or stands over you, just move to another

position further away from the dog. This tells the dog that you will not be controlled. If your dog mouths your hand or your clothes, you must deliver a distraction technique immediately. As with the previous technique, if your dog does not respond to the distraction technique, walk away and block any attempts the dog makes to move into your physical space.

Dogs that Dig up the garden

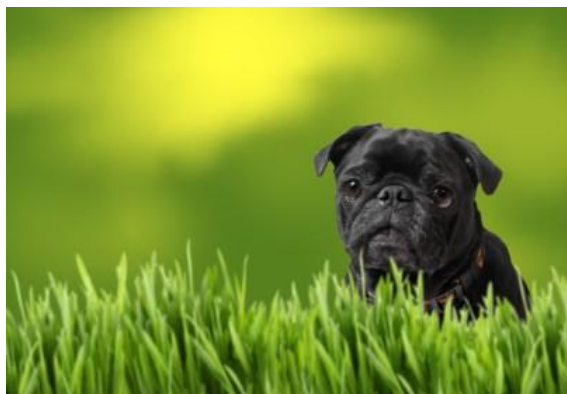


FIGURE 31

Digging is a natural behaviour of a dog, and the key here is to work with nature and not against it. One of the most effective techniques I have discovered from clients is to create a designated spot for your dog to dig within your garden. Yes, it may be inconvenient and not be the prettiest spot, but if you want to save those beautiful

flowers from certain death, then this would be the best option.

What to do first: Section off a small part of the garden that you have dedicated to your dog. Some dog owners purchase or make a sand pit that they place in a certain spot in the garden. The essence of this technique is one of positive association.

Begin by placing toys and food into the sand pit or the section of the garden where the dog is allowed to dig. This area needs to become a place of play and positive association with digging. Food and toys will bring the dog to this location and reaffirm that it's a safe place to be.

What to do next: Encourage your dog to dig. I would recommend getting into the sand pit yourself and starting to dig. In addition, use verbal affirmations to encourage your dog to join you in the activity. Most of the time dogs want to assist you in your quest and will begin to help you dig. When the dog digs, you can reward his behaviour with food and verbal affirmations such as "Good boy, dig, dig good boy."

Key Point

Now that the dog has a set place where he is allowed to dig, a seed for a new behaviour has been planted in the dog's mind. The next step is to counteract the behaviour when the dog is digging up other parts of the garden. Try to spend time with your dog when he is outside, so you are there when he starts to dig in other areas of the garden.

Technique 1: Food - Using distraction via food is a great way to direct the dog back



FIGURE 32

to the designated digging area. Dogs are smart animals, and it has been said that it takes three consistent occurrences for a dog to understand what you require from him. When your dog

begins to dig in an undesirable location, call him to the designated digging spot and begin digging. Ask him to join you by saying "Let's dig, come on, dig, dig." When the dog digs, reward him with food.

Always end this technique by taking your dog from the designated digging spot back into the house or out for a walk. When the dog enters the garden the next time, he will naturally associate digging with his pack in the allocated digging spot and getting food. Your dog will always favour activities that have the most positive outcome for him.



FIGURE 33

Key Point

Remember not to punish your dog for digging as this is counter-productive, and you don't want to create a negative association with the action of digging. Digging is natural and needs to be managed and not reprimanded. Digging is an activity that allows the dog to release energy through the physical nature of the act. In some dogs it may be a matter of increasing the amount of exercise they get each day so they don't need to release it in destructive ways.

Dogs that Bark or Cry



FIGURE 34

As explained previously, this behaviour usually occurs when you are either inside the house for an extended period of time and your dog is left outside, or you have left the house for the day. Whilst both traits are very natural for your dog, constant howling and barking are not normal and are not good traits when living in suburbia with neighbours close by. One of the first things I would put into place is a long morning walk before you leave home. Get your dog exhausted. This will put your dog into a very balanced mental state and will dramatically reduce the amount of energy in his body. This will lead the dog into a natural progression of sleeping after being walked and fed. These techniques need to be practiced when you are at home so you are able to respond to your dog's actions.

Technique 1: Food – Follow your normal routine so your dog thinks you have left the house. Wait until the dog starts to bark or howl. As soon as you hear a series of barks or cries go outside immediately. Call your dog to you. Your dog should stop barking and come to your side. Reward this behaviour with food so the dog associates being rewarded with obeying your command and being quiet.



FIGURE 35

As soon as you have rewarded with food, walk back into the house and close the door with no talking, no fuss. Wait until another volley of barking begins and then repeat. This technique breaks the mental pattern of behaviour in a dog that would normally just continue to bark. The interruption of this behaviour will eventually create a new programme in the dog's mind. It will begin to REPLACE fear and incessant barking with a more positive outlook of quiet, calm, food and reward. With enough repetition and extensive exercise, barking or crying should no longer be a problem.

Key Point

You should now be aware that dogs are social pack animals; their survival depends on the pack unit. Dogs that are left alone throughout the duration of a work day are not getting their needs met and a less dependent pet may be more appropriate for your family environment.

Employing a dog walker to break up the solitude in the middle of the day is a good idea, and I would always recommend two dogs over one, or at least another animal companion for the dog during long periods on its own.

Dogs need companionship, and dogs that are left alone all day are similar to human beings who are locked in the same space all day with no human contact and no ability to leave. Anyone would go a tad crazy after a while. Put yourself in your dog's situation!

Dogs that Jump the Fence: Escape Artists



FIGURE 36

We have all witnessed the frantic neighbour whose dog has escaped AGAIN! This behaviour is not only stressful for the owner (causing more anxiety between him and his dogs), but it's also dangerous. We can't have dogs running wild on the streets with cars and other hazards around. Not only this, but it is putting the safety of drivers and pedestrians at risk.

A lot of people try to fix this problem by making their house as secure as a prison, but whilst this may trap your pet in your home or garden, it doesn't solve the problem for your poor dog. As mentioned previously, escape artists are dogs who are bored out of their minds or in a high state of stress, or a combination of both!

The first remedy to try is to increase the dog's exercise regime giving it a long intense run in the mornings before you leave for work. This should naturally lower the energy of the dog. Similar to the previous issue of barking or crying, it's important to simulate leaving the house so the dog resumes his natural pattern of behaviour.

Technique 1: Food - Once again, food is a good distraction technique to use. So when you see your dog getting into the mindset of escape, immediately go outside and command your dog to come. When your dog comes, reward him with food, then return



FIGURE 37

to the house without any fuss. Wait until he resumes the same pattern and repeat the technique. This creates a new program in your dog's mind, and with consistency the problem behaviour should subside.

Dogs with Separation Anxiety



FIGURE 38

Dogs that suffer from separation anxiety are in a constant state of stress from the moment you leave until the moment you arrive home. Once the original four techniques have been put into practice, the anxiety your dog feels may completely diminish. However, if the programme in the dog's mind is still running, you may need additional assistance, which I will explain below.

What to do first: Start changing the routine that you normally follow so that the dog doesn't automatically assume you are leaving. For example, if you normally put on the radio, give the dog a treat and go out the front door. The dog will interpret this sequence of events as "My subordinate pack members are going out into the dangerous world without me to lead and protect them; what will become of them and me?" The dog's natural instinct to survive becomes the main focus and is fixated upon.

The crucial part of altering this behaviour is to change the behaviour sequence. Instead, you may decide to ignore the dog, leave the radio off and head out the back door. This should be practised initially when you do not have to go out for long periods of time.

Next: Leave the dog for 30 seconds, then re-enter the property using technique 3 "Reforming the Pack." Remember, no eye contact, no verbal communication and no touch unless it's to block the dog from jumping on you.

Then: Next time, go out for a few minutes and repeat the same actions when you come back into the property.

Finally: The third time go out for five minutes, then ten and so on until the dog becomes desensitised to "the pack" leaving the home.

You can also try changing the departure process: one day out the front door, the next the back door; come back in through the front door, then the back door, leave the TV on; one day give a treat, the next do nothing. You get the picture – the purpose behind this technique is to re-write the program in your dog’s mind and create a new one where the dog won’t associate your leaving for long periods with a sequence of predictable events.

Dogs that Hump

There is nothing worse than going to the park with a dog whose main mission in life is to hump every other dog it comes into contact with. Some dog owners can become offended by such actions against their poor innocent dog, with some even perceiving the act as violating their beloved pooch.

I'm pleased to say that dogs don't analyse this situation too deeply, and it is normally the human projecting his own feelings onto the situation. That aside, it is antisocial behaviour that needs to be stopped. Changing this behaviour, as with any other unacceptable behaviour, depends heavily on the distraction aids. To illustrate this point I have a story about Charlie, an amazingly intelligent male Samoyed. He was a beautiful creature and I think he knew it. He hadn't been well socialised and the owner was delighted that he would be taken out in a large group of dogs. As I left the driveway, she wished me well. We would get to the park, and the first thing Charlie would do is pick a target, jump on its back and start humping away.

Technique 1: Verbal Distraction and Warning Touch - I decided to use a whistle



FIGURE 39



FIGURE 40

as my verbal distraction aid, along with the warning touch when I was close enough. When Charlie would jump on his victim, I would immediately blow the whistle and then run over to him and deliver a warning touch in addition to pushing him off. I would then block him from his victim, claiming the right to dominate the space and also controlling Charlie's actions by not allowing him access to the other dog. As Charlie learned the consequences of these actions, he began jumping off the other dog just before I got to him. The more we went through the sequence (and my reaction was consistent each time), he began looking for me just as he was about to pounce, until it got to the point where the humping became less frequent and then eventually stopped.

Dogs that Pull on the Lead



FIGURE 39

As previously explained **Technique 1 – Domestic pack (Going for a walk)** needs to be followed precisely before you head out for a walk. Once you have accomplished **Technique 1** you can progress onto the walk.

Dog Fact

Please bear in mind that it is actually very unnatural for a dog to be put on a lead. Essentially, you are taking away one of its survival instincts which is to flee from danger. I would highly recommend that whilst it is essential to use the lead in some circumstances for the safety of the dog, a large portion of the walk should be where the dog is free to run and essentially be a dog. Keeping a dog on a lead is like putting a bird in a cage. It takes away the most essential part of its being, which is to fly and to be “as free as a bird” as the saying goes.

One option is to use a training aid, for example a gentle leader. I personally favour these over the harness, because logically I know the dog has the most momentum and strength through the chest and shoulders. When using a harness, you are essentially pulling against the core strength of the dog, and this can become a battle of wills. You will also get very sore arms!

The gentle leader encapsulates the same principle as a bridle on a horse. Can you imagine trying to walk a horse with a harness? It’s the same principle, but on a larger scale. The idea behind the horse’s bridle and the dog’s gentle leader is that when you pull the lead in towards you, it brings the dog’s nose off centre, which creates an imbalance moving forward. Therefore, the momentum and power in the chest and shoulders are disengaged, and you are not physically battling against your dog.

What to do first: When you leave for the walk, make sure you depart first with your dog by your side. If the dog tries to motor ahead, you can demonstrate a quick pull in towards your body with the gentle leader to take the dog's momentum off balance and regain the position of the dog next to you. Alternatively, you can simply stop, wait 'till the lead is slack and then continue. In both scenarios this pattern will become ingrained in the dog's mind so that when there is no tension in the lead, the walk will continue.

Key Point

On walks it is not a good idea to allow your dog to begin to control the walk by sniffing everything he comes across. Your role as pack leader is to simulate a hunt, walking at a good pace until you can get to a place where it is safe to let the dog run off the lead (as long as you are confident it will come back).

Next: When you have reached a safe place to let your dog off leash, please command your dog to sit and stay whilst you remove the lead. Maintain eye contact as you move away, and then when you feel ready, release the dog from the position with a command that you will use every time - such as "off you go" – then remove eye contact and begin the walk.

It's a good idea initially to go on a long walk with your dog to simulate a real life hunt. In the wild, the pack migrates together and needs to keep a close eye on other members at all times. It's wise to choose a route where you and your dog are walking the entire time. This will keep your dog alert, and will activate its natural instinct to migrate with the pack and to always have some level of focus on you.

Key Point

To increase your dog's focus and to keep it on the ball - and as bizarre as it sounds - you can suddenly hide behind a tree or start to run in the opposite direction. These unexpected occurrences keep your dog alert to your whereabouts and increase its focus on you.

Dogs that Leave or Patrol Food



FIGURE 40

There could be a number of reasons why your dog doesn't eat, including medical and health issues. If you fear any of the above, please get your dog checked out. The following is a story about a dog I was familiar with, so I knew he had a behavioural issue and that it was not medically related.

As previously mentioned, dogs that resort to patrolling their food feel completely out of control and their leadership status needs to be removed as a matter of urgency. The following is

a story about a little Maltese Shih-Tzu who would take a few bites of food and then walk away. He would also warn the other dog he lived with if she came near the bowl. I was lucky enough to be doing a house sit for a number of weeks with these two dogs. The first thing I did was to be consistent with the four techniques, paying particular attention to technique 2: "Feeding Time."

What to do first: I would take the Shih-Tzu's food from the fridge and mix it with my hands to put my scent into it. I would make sure that he was observing me. I would then eat a few biscuits (which he perceived were being eaten from the bowl). Even though he didn't appear to be too interested in the food, when I put the food bowl down in front of him, I would make him sit and stay, anticipating that he'd want to consume the food. Even though he was clearly not all that eager to eat it, I wanted to convey that energy.

I made sure the dog was making eye contact, and would then give the release command "Good boy," accompanied by pointing towards the food. On the first few occasions he went up to the food, had a sniff and a few bites, then walked away. As soon as he had walked away, I immediately lifted the bowl from the floor and put it back into the fridge. I made a big deal of it so he was watching the entire time. The dog wasn't given any more food for the rest of the day.

Key Point

I know as humans we naturally want to make sure our loved ones are well fed and this action goes against our instincts; however, dogs in the wild can go days without food, and remember, this is only our human idea of nurture projected onto the dog.

This process was followed the next day in exactly the same fashion. Again, if the dog walks away and doesn't eat, lift the bowl. On the third day to my delight, the dog ate the whole bowl of food and did so for the remainder of the house sit. What was sad about this, though, was that when the owners returned, because they were not consistent with the techniques, the poor little dog went back to his old ways.

Dogs with Nervous Aggression



FIGURE 41

Dogs with nervous aggressive behaviour can manifest it in the form of incessant barking, lunging, nipping, biting and even more peculiar behaviour such as high-pitched squealing. No matter what form aggressive behaviour takes, it is incredibly stressful for the dog, the owners and everyone involved.

Dog's Perspective

If you go into the mind of a nervous aggressive dog, you'll see that the problem stems from the dog's belief that everything he comes into contact with is potentially dangerous. New people, dogs, the gardener, the bin, men, in fact anything the dog doesn't know for certain is safe will be perceived as a potential threat to the dog and his pack.

The original four techniques should reduce this antisocial behaviour. However, the distraction techniques are essential to combat this behaviour on an ongoing basis.

To illustrate my approach to this problem, I will tell you another story. One of my clients had a large Rhodesian ridgeback, an absolutely beautiful dog. If anyone new came into the house she would suddenly lunge at the visitor and bark erratically. This behaviour is typical of a nervous aggressive dog that is ill-equipped to be in the leadership role. It will try and appear as scary and as vicious as possible, to warn off the perceived threat and avoid dealing with the potential danger.

The problem with extremely large and powerful dogs is that when they lunge and bark aggressively, people normally do run and therefore the dog learns this behaviour has a positive pay off. What was hilarious about this situation was if you stood your ground, the dog would go running for the hills, make herself really small and hide as far away as

possible. So the good thing was that her nervous aggression didn't turn into full aggression.

I incorporated her into a group and she got on well with her fellow doggie friends. However, when we would go down to the park, if anyone came near the gate she would start to run at full pelt from wherever she was, barking in a deep threatening tone to ward off the perceived threat.

Technique 1: Verbal Distraction and Warning Touch - I decided to use the



FIGURE 42

verbal distraction aid in addition to both the warning touch and the blocking technique (depending on my proximity to the dog). When I saw her focus on the new person entering the park, I would immediately deliver a low and powerful "Hey" and run towards her.



FIGURE 43

Depending on the distance from me to the dog, I would use several verbal distractions to try and get her attention. I would then immediately block her from the gate and the new person entering the park, and walk forwards into her personal space. I would say "Away" (a verbal distraction), delivered in a low authoritative tone, and in addition, I would point in the direction I wanted her to follow. In this instance this was enough to let the dog know this behaviour was unacceptable and that I was asserting my dominance. If she had not moved away, I would have delivered another warning touch to go one step further.

Dogs that are Possessive



FIGURE 44

The following example shows how a possessive dog may behave. A little terrier cross had a severe case of possessive behaviour. He lived with a female dog and their owners, Frank and Debbie. He had chosen Debbie as his alpha female; (remember, in the wild the alpha pair leads the pack and is the only couple allowed to mate). This played out by the little terrier showing aggression towards other dogs, and even attacking his male owner, Frank.

The dog claimed Debbie (the female owner) as his alpha mate, and he therefore saw the male owner as a threat to his status and the survival of the pack. Dogs remain monogamous, and therefore when Frank wanted to be near Debbie, the dog saw this behaviour as out of line and would let him know by delivering warning bites accompanied by blocking the entrance to whichever room Debbie was residing in. As you may imagine, this was a very stressful environment for all involved.

It is important for dog owners to be consistent when applying the four major techniques. This will automatically readjust the status of each pack member. Dogs will then view their male and female owners as an alpha pair, and the aggressive behaviour should subside. However, if this behaviour still needs to be treated, try the following strategy.

Key Point

When a dog is possessive, the person affected needs to be in charge of changing this behaviour.

What to Do First: Create clear boundaries in the house. For example, dogs should not be allowed in the bedroom if they have this issue.



FIGURE 45

Technique 1: Blocking and Verbal Distraction -



FIGURE 48



FIGURE 49

If the dog tries to enter the bedroom, use the blocking aid and a verbal command to distract him. Block the dog from entering the room, and then move forward into its space to manoeuvre it back across the boundary while verbally affirming “Out.” You can also point in the direction that you want the dog to go.

Other members of the household may then enter the room and you can close the door.

Corrective behaviour can also be used whilst lying on the couch. A possessive dog will jump up and sit behind, between and sometimes on its owners. No dog should be allowed to jump on a bed or couch unless it has been invited to do so by its owner. If a dog does try to jump, you can use the blocking aid to stop him or push him off gently, along with the verbal affirmation “Down.”



FIGURE 46

Another tip to resolve possessive behaviour is to simply move away when your dog is in that mindset. If you are in the bedroom and he is guarding the door, walk out of the room with no eye or verbal contact. Dogs can't be possessive of someone when the person is no longer present.

Dogs that Guard Their Territory

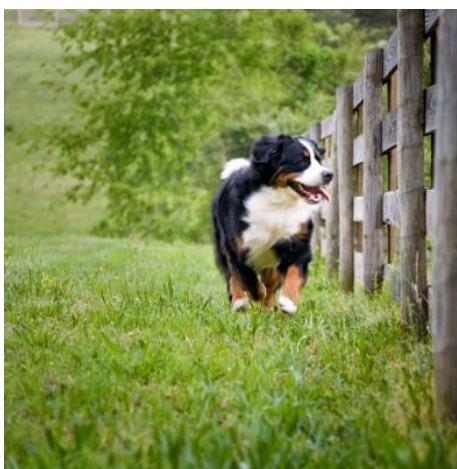


FIGURE 47

This is a very common trait of a dog that thinks he is the pack leader. Dogs running the boundary of their home, or barking ferociously at anyone or anything walking by, are in a constant defensive position. Using the first four techniques should reduce this behaviour, but if the problem persists, the following action can be taken.

What to do first: Begin by going outside at the same time as your dog. You will need to be present to put the necessary behaviour into action. Your dog will hear a noise and immediately will become defensive. As usual, he will normally start barking intensely at the unknown noise and begin running the length of the fence line. Any of the following options can be taken depending on what your dog responds to best.

Technique 1: Food - When your dog hears a noise and reacts defensively, it's essential that you respond immediately. Put the scent of the food within the dog's reach so that you can respond immediately. Simultaneously, the dog will notice the food. The awareness that there is food available should take him out of his current mindset. Make the dog sit and stay and offer the food.



FIGURE 48

This process should be repeated on every occasion so that the dog makes a positive association between food and unknown sounds. It is important that the food is given **only** after the dog is calm, sitting and making eye contact. You want the dog to associate the noises from outside his territory with food; this is positive reinforcement, **NOT** his erratic behaviour prompted by a perceived need to defend the territory.

Technique 2: Blocking - (Can be accompanied with a Verbal Aid and Warning Touch where appropriate) Some dogs may get into such a frenzy that



FIGURE 49

they don't even know you exist until you are standing in their space. As soon as the dog runs and begins to defend his territory, immediately enter its space. Stand between the dog and the fence and walk forward into the dog's space, pushing him further back.

It's a good idea to complement this behaviour with a verbal command of "Away," whilst pointing away from the fence. In the dog's mind, this is **YOU** taking control and taking possession of the territory. He may run around you, causing you to readjust your position between him and the fence. This can also be accompanied with the warning touch and a verbal growl to break the fixed mindset of the dog. Timing is crucial with the growl, as it needs to be delivered just when the dog's mind is just about to click back into a defensive position.

Dogs that Run Away on Walks



Dogs that run for the sunset when you think you are going out for a nice leisurely stroll are dogs who believe they are leading a hunt for the survival of the pack.

Figure 50 ©Rosen Georgiev

(Please note I am not talking about playing the chase game, which is different – I have walked many dogs that find the chase game great fun. You try to catch them; they come within a few metres and then run away. I have found beagles especially love this game. Do bear in mind this is a form of control and the chase game is discussed later on in this Manual. Dogs that run away into the sunset are not playing the chase game.

Key Point

As previously discussed, if you are consistent with the four major techniques, this behaviour may improve on its own. I wouldn't recommend just letting your dog off the lead unless you are 100% sure he will come back.

I would recommend that this technique be practised in the safety of your own back yard or in a park that is fenced off so that the dog cannot escape. The issue you may face in the park is the distraction from other people and their dogs, and therefore a quiet place with minimal distraction is the best option.

Technique 1: Food - Begin this technique with a piece of rope or an extendable lead.



FIGURE 51

Get your dog to sit and stay, start to move away from the dog, but make sure he stays in a seated position. You may have to give a verbal command of "Stay" if the dog looks like he is about to run.

If the dog moves before you are a few metres away, then restart the technique. The key here is to keep the dog's focus on you. Once you are a good distance away, in an assertive and calm manner say "Come" and move your hand towards your body for emphasis. If your dog remains seated or chooses to go in a different direction, gently wind the extendable lead in towards yourself to coach the dog on what you want it to do. When the dog reaches you, express your gratitude with verbal praise such as "Good boy, well done." I would recommend offering the dog food in this situation as an added reward and sign of affection. Don't overdo it on the affection; you still want the dog to be in a calm state.

This technique needs to be practiced repeatedly. Use the same commands and be consistent each time. It would be a good idea to monitor how many times your dog comes on command so you can gauge his progress.

When the dog comes every time, try the technique in a park where there are distractions, but continue to keep the dog on the lead. Then, try the technique in an enclosed park where the dog is free to run around. When you are certain that your dog will return on command, you can enjoy a great walk with him out in nature.

Dogs that Play the Chase Game

The control and manipulation of the chase game has several levels. The first level is that it's actually fun for the dog. Dogs may be amused by their owners' attentions and will try to get them to run all over the place in order to catch them. The beauty in this game is that most dogs are exceptionally fast at dodging and weaving out of the way, and therefore their chances of being caught are minimal. The second level is that the dogs are able to control your behaviour and this reinstates in the dog's mind that he is the pack leader. Finally, if the dog is faster and more agile than you, this reaffirms that he is more suited to the role of the alpha dog.



FIGURE 52

You can use a combination of the following techniques to combat this behaviour.

Technique 1: Food – I would practice this technique at home. Refer to the technique used in “Dogs that run away off leash.” Call your dog to you and when he follows your command, reward with food. When you are out in the park follow the same process, and hopefully the dog will respond accordingly.



FIGURE 53

Technique 2: Ignore – Ask your dog to come in an assertive tone and show him the food. However dogs usually only come so far, and then they run away. As soon as your dog turns and runs away, mirror his actions. Simply turn around and start walking or running in the opposite direction. The dog will realise that the rules of the game have changed. This may be enough to get him to follow you so you can put him back on the lead. I have been tested many times in my group walks, and on occasion I have had to literally get in my car and pretend to drive away. Being pack animals, dogs will choose the pack over going it alone any day.



FIGURE 54

Key Point

Do not shout “Got you” when your dog eventually comes. This action reiterates in the dog’s mind that it is part of the game. Another point to remember is to NOT tell the dog off or punish the dog when it returns. You want your dog to associate returning to you as something positive and pleasurable, not something he is trying to avoid.

Dogs that Fear Noises

Let's take the example of the little dog that feared the sound of the letter box opening (please note I am from England, and the letter box on the house is on the front door and opens directly into the home). My dad had a small fluffy mixed breed that looked like she was the calmest creature you could imagine. However, on hearing the footsteps of the mail man and the noise of the letter box opening, this little angel would turn into a monster. She would bolt down the stairs, jumping wildly from the third step in order to get to the door as quickly as possible.

If you can imagine a slow motion scene where this dog would do a "Matrix" style move, as the letter box opened she would grab the mail whilst flying through the air, accompanied by the most atrocious demonic noises like something out of "The Exorcist." She would then continue to attack and destroy all the mail, until there was nothing left but a flutter of small paper scraps. It was savage to say the least!

The key to resolving this issue is to break it down into steps. Obviously you can't expect the postman to come around to help you resolve this issue, but you will need some assistance.



FIGURE 55

Technique 1: Verbal Distraction and Warning Touch - The first thing to tackle is



FIGURE 56



FIGURE 57

the letter box. Put your dog on a short lead and get your assistant to step outside the front door. Have your assistant walk to the letter box and push his hand through to create the noise of it opening. Your dog should react immediately, and you should respond with a warning touch and a verbal aid (including a growl or “Hey.”) The lead will give you a lot of control over your dog’s movements. When your dog is sitting quietly, reward it with food. Repeat this exercise until your dog has no reaction to the letter box being opened.

Next: Have your assistant push some paper through the letter box. I would stand further away so the dog can’t get hold of the paper, but can see it being pushed through the door. When the paper gets pushed through the letter box be ready to deliver the warning touch accompanied by the verbal aid. The key is the timing; you must catch the dog just before he reacts. Once the dog is sitting still and making eye contact, reward with food. Repeat this process as often as necessary.

Revisit this technique a few days later. With each practice the results should become more ingrained in the dog’s mind. It is important that the dog not be allowed to react at all when the postman arrives, and where possible, I would put the dog into a room or outside where he is unaware of the postman’s arrival. Only when you get a 100% success rate with your assistant should you allow the dog free reign when the postman arrives. The sound of the post van may trigger previous patterns of behaviour. Repeat the above process until the behaviour has transformed.

Dogs that Play Too Rough



FIGURE 58

These dogs live in ignorance. Their behaviour is a lack of understanding similar to a person who displays antisocial behaviour that everyone frowns upon, but no one has told them about. Specifically, they use their mouth or teeth excessively on your body, (usually on the hand or the wrist). It's similar to when dogs mouth you to control your movements,

but it occurs during play time. This behaviour can be easily counteracted by letting your dog know when it is playing too rough.

Let's again consider typical behaviour displayed in a dog pack, especially when the dogs are pups amongst their brothers and sisters. Play is a natural part of a dog's learning and allows it to establish who is stronger and more dominant. However, as small puppies, dogs need to learn when they have gone too far. If you observe a pack of puppies and one is being too rough, the pup who has been hurt will let out a squeal that alerts the rough-playing pup that he's gone too far. The pup that's been hurt will then get up and walk away without making eye contact before finding another place to sit.

Technique 1: Verbal Distraction - Owners can easily simulate the following



FIGURE 59

scenario. When your dog is playing rough and you want him to calm down, vocalize the highest squeal you can muster (the higher the better - guys, try your best to use a high pitched tone). You will notice that this noise resonates immediately with your dog. It will

stop in its tracks and may even put its head to one side as it registers the noise. The key here is to follow through with the next step of the process to stop playing, get up and walk away. Play should not be resumed for a number of hours so as to not confuse the dog.

Dogs that Defaecate and Urinate in the Home



FIGURE 60

There may be a number of reasons why your dog defaecates or urinates in your home. Some of these reasons may be health related, whilst others may result from a lack of training, in which case the dog needs to be taught where you would like it to go. I would like to address the psychology behind defaecating or urinating in the home. Remember that it's very important to remain calm and collected at all times. Over-reacting and scolding your dog will exacerbate the problem.

Usually what lies behind your pet's actions is anxiety and a fear of failing the pack. In the wild, pack leaders mark their territory through defaecating and urinating. However, this is unacceptable behaviour in our homes. It is important for you to change your feelings of anger and irritation to those of understanding and empathy.

What to do first: Begin by creating a strict toilet routine with your dog similar to when it was a puppy. Let him out in the morning and an hour after food and before bed time. Once this structure is in place, you should emphasise the dog's good behaviour when he does go in the correct place. This can be accomplished with a food reward straight after he has gone to the toilet. This will ensure your dog associates the location of where he goes with receiving the treat and the praise given immediately afterwards.

Key Point

You can be quite specific with where you would like your dog to go to the toilet. You can create a space in your back yard or have a small pen where you can teach your dog where to go. This can be done by guiding your dog with a lead or through verbal commands, and when they go in the desired space reward with food and affection.

When the dog does defaecate or urinate in the home, treat the event discreetly. Clean up the mess with no reaction. Do not make any contact with the dog. No eye or physical contact should be made. Clean up the mess when the dog is out of sight. Make sure no reminders or scent remain because dogs detect their own scent this will invite them to go to the same spot. I have been told vinegar is good for removing any lingering odour.

Dogs that Eat Their Own Faeces



FIGURE 61

This behaviour is more common in homes where the owners are exceptionally clean. Dogs pick up on this subtle energy, and it creates more anxiety around going to the toilet. Therefore, they resort to eating their own faeces in order to hide the evidence and avoid upsetting the pack and reaffirming their own failure as pack leader. The solution to this problem is almost identical to the previous technique.

What to do first: As an owner, you need to feel compassion for the dog's dysfunctional mental state. Create a set toilet schedule and reward when the dog goes to the toilet in the correct location. It is important that there is no stress involved around toilet time. Once the dog has gone to the toilet in the correct place, use one of the distraction aids to move the dog away from the faeces. In this situation, you could use food, a toy or immediately take the dog for a walk - anything to casually and naturally move the dog away.

Key Point

Make sure the dog is not present when you clean up the mess. It is important that the faeces is cleaned up after each instance so that the dog is not tempted to fall back into the same pattern of behaviour. The most critical part of ensuring the effectiveness of this technique is your light and breezy disposition, as this will make a strong contrast with what caused the behaviour in the first place.

Dogs that Eat Cat and Other Animal Faeces

If you have a cat in addition to a dog, or if you have neighbours whose cats think your garden is also their territory, you may have to start cleaning up after the cat in order to break the cycle of your dog's behaviour. In addition to following the same techniques as you would if the dog was eating his own faeces, I would recommend you get your dog checked for any deficiencies so you can remove the possibility that the dog is lacking something in his diet.



FIGURE 62

Technique 1: Warning touch - If your dog is eating other animal droppings whilst out on a walk, try using the warning touch distraction aid. Once again, timing is crucial, so be vigilant on your outings and look out for any potential situations where this behaviour could occur. If you see the droppings before your dog does, move him onto a different path to avoid them. If he is going straight for them, I would deliver a warning touch before he attempts to eat the droppings, followed by distracting him with food and steering him in a different direction.



FIGURE 63

Dogs that Self-Mutilate

Anxiety and stress can play out in so many different ways that literally any dysfunctional behaviour can result. I have seen many dogs that gnaw away at their paws until they bleed. It's a sorry sight! Of course, there could be other reasons why your dog gnaws at its feet including allergies to the environment or food allergies. However, what concerns me here is the psychology behind behaviours caused by stress and anxiety.

Technique 1: Warning touch - I find the most effective technique for correcting this



FIGURE 64

behaviour is the warning touch. Like a human in a trance, the same mindset occurs in the dog. When you see your dog getting engrossed by its paws or tail, immediately go up to the dog and deliver a direct touch to the soft area above its hip. This can be accompanied by a verbal distraction of "Hey." **Please remember that your dog is not to feel he is being punished; you just want to distract him from this behaviour in order to break his mental pattern.**

The dog should immediately be brought back to the present and made to focus on you. In that split second, you can break the destructive mental patterns further by moving the dog to focus on something completely different. This can be accomplished by getting its favourite toy and having some play time. You can call your dog to you and reward it with food. You can grab its lead and take him for a walk. Or you could call him outside to relax in the sunshine (or if you live in England - the rain!). The crucial part of this technique is to break the mental pattern as often as possible and, if done correctly it will eventually be erased from their mind and replaced with a more productive program.

Dogs that have Irrational Fears (Flooding – Subjecting the Dog to his Fear)



FIGURE 65

My friend Jane had a beautiful dog named George who was a young golden retriever, and he was terrified by the hairdryer. When he would hear the noise, he would retreat to the nearest hiding spot in a complete frenzy, fearing for his life. I knew George thought he was pack leader, and quite frankly, he was far from having leadership qualities. Because I knew George well, I knew that he responded well to affection, and so I decided to give him a brush and massage after his bath.

George was really enjoying the hands-on contact, and after a few minutes I turned on the hairdryer at the lowest setting. George's eyes looked wildly at the hairdryer, but I kept him between my legs and kept massaging whilst giving off a calm and relaxed energy. After a few minutes more, I began to use the hair dryer on the lower part of his back whilst brushing him at the same time. It took less than three minutes for George to relax and enjoy the attention. I was able to use the hairdryer all over his body, and the funniest thing is that now George loves the hairdryer and will sit patiently after his bath to be pampered and have his hair dried - so cute!

Dogs can be afraid of anything they don't understand, which may include the telephone, the vacuum cleaner, the garbage truck, motorbikes, and the list goes on. Let's take the example of the vacuum cleaner. The noise it gives off is loud and intense; according to the dog, the potential threat also moves and can possibly hurt him.

Technique 1: Food - The first thing I would do to help your dog overcome his fear is to have the dog in one of the rooms of your house and close all the doors. Put the vacuum, for example, in the corner of the room farthest from the dog. Some dogs may retreat just at the sight of it, without even turning it on, as they know what to expect.



FIGURE 66

If this is your dog, call him to you in a strong and assertive manner, “Come,” and get him to sit and stay, and then reward him with food.

What to do next: When you feel it’s appropriate to turn the vacuum on, please do so. The dog may react in fear and try to escape or find somewhere to hide. With this technique it’s important to not pander to the dog’s fear, as it keeps him in that dysfunctional state. So try not to react to his behaviour. Keep the vacuum turned on, and make a cup of tea or do the dishes, maintaining a calm energy that your dog will pick up on.

Then: After a period of time, your dog should begin to relax and achieve more of a state of acceptance. At this point, call your dog to come to you, get him to sit and stay, and reward with food. Then walk away and resume your normal activities.

Continue: Repeat this pattern and you will soon notice your dog will become more relaxed around the vacuum. The next step is to start moving the vacuum. Some dogs may run at the machine and start to deliver warning nips that, in their mind, are warning the perceived threat (in this case the vacuum) away. We will tackle this situation shortly. For the dog that is fearful, move the vacuum away from the animal so you are not encroaching on his personal space. Then, leave the vacuum in a stationary position. Wait for your dog to show signs of relaxation, and then call him to you and reward with food.

Key Point

Only call your dog to you and reward him with food when the dog is in a relaxed frame of mind. The food is to reaffirm the positive association with the vacuum and **NOT** to reaffirm his fear.

Technique 2: Warning Touch – Some dogs' fears may manifest into nervous

aggressive behaviour, and as with all things that the dog doesn't understand, it may display growling and lunging at the fear-inducing object, and even deliver warning nips in an attempt to protect its pack.



FIGURE 67

I have seen this happen with motorbikes and skateboards, to name a few. The best way to counteract this behaviour is with the warning touch technique. As I have previously explained, timing is crucial. The

warning touch needs to be delivered just as the dog has gone into the undesirable mental state. The warning touch is intended to bring the dog back to the moment, and to get him to focus on you. Each time the dog lunges or growls or displays any similar behaviours, deliver the warning touch until the dog realises this behaviour is not acceptable.

Technique 3: Blocking - This technique may be used in conjunction with the warning



FIGURE 68

touch, but you are essentially claiming possession of the object the dog is focusing on. To do this, you simply make yourself a human barrier between the object and the dog. If you need an additional aid, you can deliver the warning touch as well.

Dogs that Bite or Attack

This behaviour is the most destructive behaviour that a dog can display and can be very dangerous. There are different degrees of aggression, and if your dog attacks and you believe he could cause serious harm to another person or animal, I would strongly advise you to seek professional one-on-one assistance. A potential attack should not be risked, and I therefore strongly recommend you consult a professional dog behaviourist in addition to using the four key techniques to prevent this behaviour.

What NOT to do with Your Dog

The classic mistakes people make with their dogs.

1. Do not leave food around for your dog to consume whenever he wishes. Pack leaders in the wild always have access to food before any other pack member. By making food constantly available you are affirming the dog's pack leader status. Like humans, in the wild dogs can go days without food.

2. No matter how afraid you are, **NEVER** pick up your dog. The reason for this is because you are putting your pet at a massive disadvantage, and you and your dog are more likely to get bitten. I learned this the hard way when I picked up a Tibetan Terrier. She was a feisty little one, and if she had had the chance, she would have loved to remain top dog.



FIGURE 69

One sunny day she looked so cute, I just had to pick her up and give her a cuddle. As soon as I picked her up, World War III broke out. The other dogs that were on the ground immediately started to jump and try to bite her legs. The Tibetan Terrier wasn't having any of this, and so she kept trying to bite them as they jumped onto me to get to her!

All this was happening whilst she was in my arms; I was completely taken off guard. My head told me to keep hold of her after all, despite all the teeth and froth coming from the savages on the ground. I thought the Tibetan Terrier was in for a finale of certain death. But something told me to quickly move the other dogs away with my feet and put her back on the ground.

No sooner had her little black paws touched the ground than order was restored. All the dogs just looked at one another like nothing had ever happened, and they were all best mates once again. (I wish humans could resolve disputes that quickly!) Poor me! I was completely frazzled with adrenaline pumping through my veins, thinking I was going to have to explain to the owners why they would no longer require my dog walking services. Needless to say, on reflection, dogs operate in a natural hierarchy every time they meet one another. By raising the Tibetan Terrier's eye level above pack members who were more highly ranked, I altered the stability of the pack, and the jumping and biting was an attempt to try and restore the natural balance and bring the dog back down to a natural level.

3. **Playing with your dog –**

Another classic mistake people make is whilst playing with their pets. I've seen all of the following: dogs that bring the ball half way back, and then when the owner



FIGURE 70

gets close enough, they pick it back up and run away; dogs that guard the toy and growl when the owner tries to retrieve it; playing tug of war and the owner lets the dog win.

Key Point

When dogs are puppies, play time is important in order to establish strength among dogs. Play time affirms who can hold the other dog down the longest and who is fastest at retrieving toys. In later life these rituals are used to establish which dog is better equipped to lead the pack.

The key here is to only play on **YOUR** terms. If you insist on playing tug of war, you **HAVE** to win! If your dog leaves the ball two feet away from you, turn around and walk away - don't give in to his games. If your dog is possessive over the ball, confiscate it and only play when **YOU** are ready. The little rituals your dog is playing are to reaffirm in his mind that he is top dog and **YOU** will play to **HIS** rules.

Quick Summary

Please print out the next two pages and place them on your fridge to remind you of the four techniques.

Four Major Techniques

Technique 1 – Going for a Walk

Always make sure your dog is in a calm state before putting on the lead.

Always make sure you leave the house and re-enter the house before your dog.

Always make sure your dog walks by your side whilst on the lead.

Technique 2 – Feeding Time

Always make sure your dog is sitting and making eye contact before allowing him to eat.

Mix the food with your hands to infuse it with your scent.

For extra impact, pretend to eat out of the dog's bowl whilst he is watching.

Do not feed your dog from your plate.

Feed your dog after you and your family have eaten.

Technique 3 – Reforming the Pack

Ignore your dog whenever you re-enter the room he is in.

No eye contact, no verbal communication, no touch.

Call the dog into your personal space only when it is calm.

Technique 4 – Perceived Dangers

Take control of every situation that could be misread as a danger.

Food – Only use food to reward positive behaviour.

Verbal Distraction – Use a high pitched whistle, voice or growl. The goal is to refocus the dog's mind and bring his attention back to you.

Verbal Distraction – How to Deliver the Tone – If you are using a verbal distraction rather than the whistle maintain a low, deep tone with the energy and vibe that you mean business and are not to be messed with.

The key is repetition and consistency.

Blocking – The essence of this technique is to stand between your dog and the object, person or dog that your dog is trying to reach.

Ignoring – Do not make eye contact or physical contact, and create space to honour your physical boundaries.

Warning Touch – Touch or jab your dog on the soft part just above the hip to refocus his mind. (This is not meant to hurt the dog.)

About the Author



FIGURE 71

My name is Kirsty Millar. I was born in Staffordshire, England in 1981 and have been living in Perth, Australia for the last eight years. I studied film, television and media while at university which invigorated my passion for writing. I became a vegetarian at the age of nine after watching a documentary on slaughterhouses, and have always felt a strong connection to all animals. Since I was very young, I have volunteered to help with homeless dogs and dogs with psychological problems. I can often be found rescuing stray dogs and cats and any other animal that may need assistance.

I decided to incorporate my passion for animals into my career, and in 2005 I started my own business in Perth Australia. My business is called “Paws in the Park,” and is a professional and caring dog walking and pet sitting service (www.pawsinthepark.com.au).

The inspiration to write this manual came from the contact I had with my clients and their pets. It was heartbreaking to see so many behavioural problems and stress felt by pet owners and their dogs.

This Manual came to life by combining my two passions: writing and a true love of all animals. If I am able to help people connect to their pets and understand their true nature, then I know many pets and owners will live in harmony, and that brings me tremendous joy.

There is nothing more rewarding than seeing one’s dog running free, playing and being social with other dogs, and being able to be who they truly are: a dog. This is what I want for you and your pets. Hopefully, through consistency and through practicing these

techniques, you will enjoy the beauty of having a dog as beloved member of your family. It is achievable, with love, consistency and patience.

Please check my website www.pawsinthepark.com.au for upcoming webinars, dog tips and to see all the wonderful people and dogs that I work with. We are also on Facebook if you would like to see dog videos and photos of our happy clients.

Acknowledgements

First I would like to acknowledge Jan Fennell, who is the author of *The Dog Whisperer*. Her book evoked a desire in me to know the workings of a dog's mind, and she has also inspired me to volunteer with abused dogs and put my new found knowledge to good use.

Cesar Millan, the author of *Cesar's Way: The Natural, Everyday Guide to Understanding and Correcting Common Dog Problems* and the star of the hit T.V series "The Dog Whisperer," has helped me develop my knowledge using more natural methods of relating to dogs through the history of the pack. His work in his television series is entertaining and inspiring. It warms my heart that he helps so many dogs and owners to live in harmony.

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Finally, I would like to thank all the beautiful animal souls that have touched my heart and inspired me to write this Manual. I write this guide to offer a small gift in return for the unconditional love and affection that they seem to have always available any time, any place. Dogs have taught me how to be a great friend.

Thank you!

Creative commons

Figure 1: office.microsoft.com/en-us/images.....	6
Figure 2: www.123rf.com	8
Figure 3: www.123rf.com	8
Figure 4: office.microsoft.com/en-us/images	10
Figure 5 office.microsoft.com/en-us/images	11
Figure 6: www.123rf.com	12
Figure 7: www.123rf.com	13
Figure 8: www.123rf.com	14
Figure 9: www.123rf.com	14
Figure 10: www.123rf.com.....	15
Figure 11: www.123rf.com.....	16
Figure 12: www.123rf.com.....	17
Figure 13: www.123rf.com.....	17
Figure 14: www.123rf.com.....	18
Figure 15: www.123rf.com.....	20
Figure 16: www.123rf.com.....	20
Figure 17: www.123rf.com.....	21
Figure 18: www.123rf.com.....	21
Figure 19: www.123rf.com.....	22
Figure 20: www.123rf.com.....	25
Figure 21: www.123rf.com.....	26
Figure 22: www.123rf.com.....	26
Figure 23: www.123rf.com.....	26
Figure 24: www.123rf.com.....	27
Figure 25: www.123rf.com.....	28
Figure 26: office.microsoft.com/en-us/image	30
Figure 27: www.123rf.com.....	31
Figure 28: www.123rf.com.....	31
Figure 29: www.123rf.com.....	32
Figure 30: www.123rf.com.....	34
Figure 31: www.123rf.com.....	35
Figure 32: www.123rf.com.....	36

Figure 33: www.123rf.com.....	36
Figure 34: www.123rf.com.....	38
Figure 35: www.123rf.com.....	38
Figure 36: www.123rf.com.....	40
Figure 37: www.123rf.com.....	40
Figure 38: www.123rf.com.....	41
Figure 39: www.123rf.com.....	43
Figure 40: www.123rf.com.....	43
Figure 41: www.123rf.com.....	44
Figure 42: www.123rf.com.....	46
Figure 43: www.123rf.com.....	48
Figure 44: www.123rf.com.....	49
Figure 45: www.123rf.com.....	49
Figure 46: www.123rf.com.....	50
Figure 47: www.123rf.com.....	51
Figure 48: www.123rf.com.....	51
Figure 49: www.123rf.com.....	51
Figure 50: www.123rf.com.....	51
Figure 51: www.123rf.com.....	52
Figure 52: www.123rf.com.....	52
Figure 53: www.123rf.com.....	53
Figure 54: © Rosen Georgiev/FreeDigitalPhotos.net.....	54
Figure 55: www.123rf.com.....	54
Figure 56: www.123rf.com.....	56
Figure 57: www.123rf.com.....	56
Figure 58: www.123rf.com.....	56
Figure 59: www.123rf.com.....	58
Figure 60: www.123rf.com.....	59
Figure 61: www.123rf.com.....	59
Figure 62: www.123rf.com.....	60
Figure 63: www.123rf.com.....	60
Figure 64: www.123rf.com.....	61
Figure 65: www.123rf.com.....	63
Figure 66: www.123rf.com.....	64

Figure 67: www.123rf.com.....64
Figure 68: www.123rf.com.....65
Figure 69: www.123rf.com.....66
Figure 70: www.123rf.com.....66
Figure 71: www.123rf.com.....68
Figure 72: www.123rf.com.....68
Figure 73: www.123rf.com.....70
Figure 74: www.123rf.com.....71
Figure 75: Kirsty Millar.....75

Links & Resources

Websites

www.pawsinthepark.com

www.cesarway.com

www.janfennellthedoglistener.com

Books

Jan Fennell – *The Dog Listener*

Victoria Stilwell – *It's Me or the Dog: How to Have the Perfect Pet*

Cesar Millan: *Be the Pack Leader: Use Cesar's Way to Transform Your Dog... and Your Life*

Cesar Millan: *How to Raise the Perfect Dog: Through Puppyhood and Beyond*

Cesar Millan: *Cesar's Rules: Your way to Train and Well-Behaved Dog*

Cesar Millan: *Cesar's Way: The Natural, Everyday Guide to Understanding and Correcting Common Dog Problems*

DVDs

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