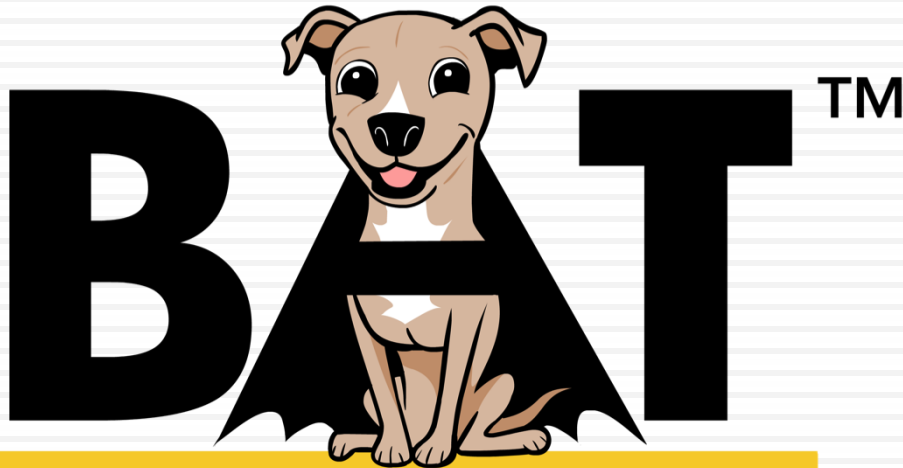


# Empowered Desensitization

Behavior Adjustment Training  
for Aggression, Frustration, and Fear

Joey Iversen CBATI, CPDT-KA, KPA-CTP, TAGteach Level 2

Carly Loyer CBATI



**Behavior Adjustment Training**

October 4-5 , 2014

SCRAPS

Spokane, WA

# Agenda

1. BAT Preview

2. Human's  
Foundations

3. Dog's  
Foundations

4. Behind the  
Behavior

5. BAT Set-Ups

6. Variations &  
Other  
Applications

7. Practice!

Bonus Material

# Section 1: BAT Preview

**1. BAT Preview**

2. Human's  
Foundations

3. Dog's  
Foundations

4. Behind the  
Behavior

5. BAT Set-Ups

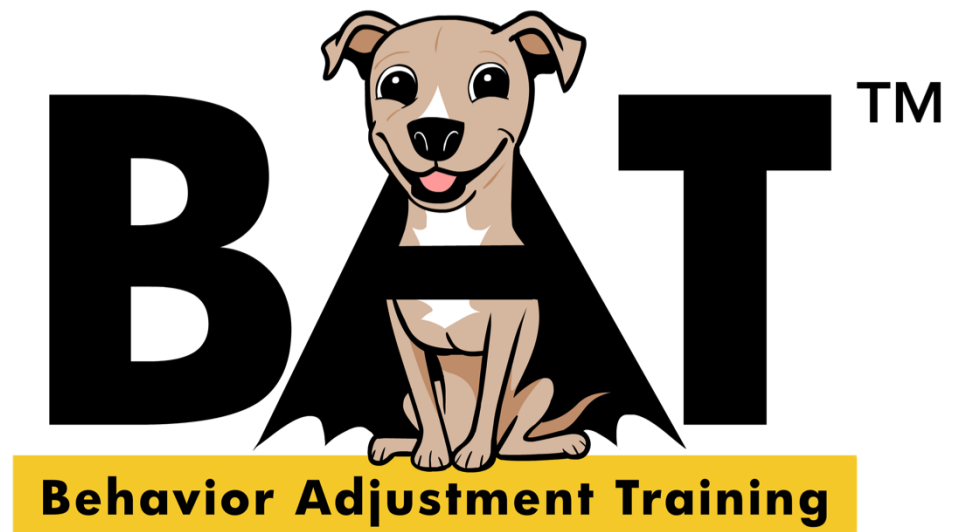
6. Variations &  
Other Applications

7. Practice!

Bonus Material

# What is BAT?

- ❑ Behind-the-Scenes technique
- ❑ Philosophy of empowerment
- ❑ Emphasize rehearsal of success
- ❑ Science-based intervention
- ❑ A work in progress





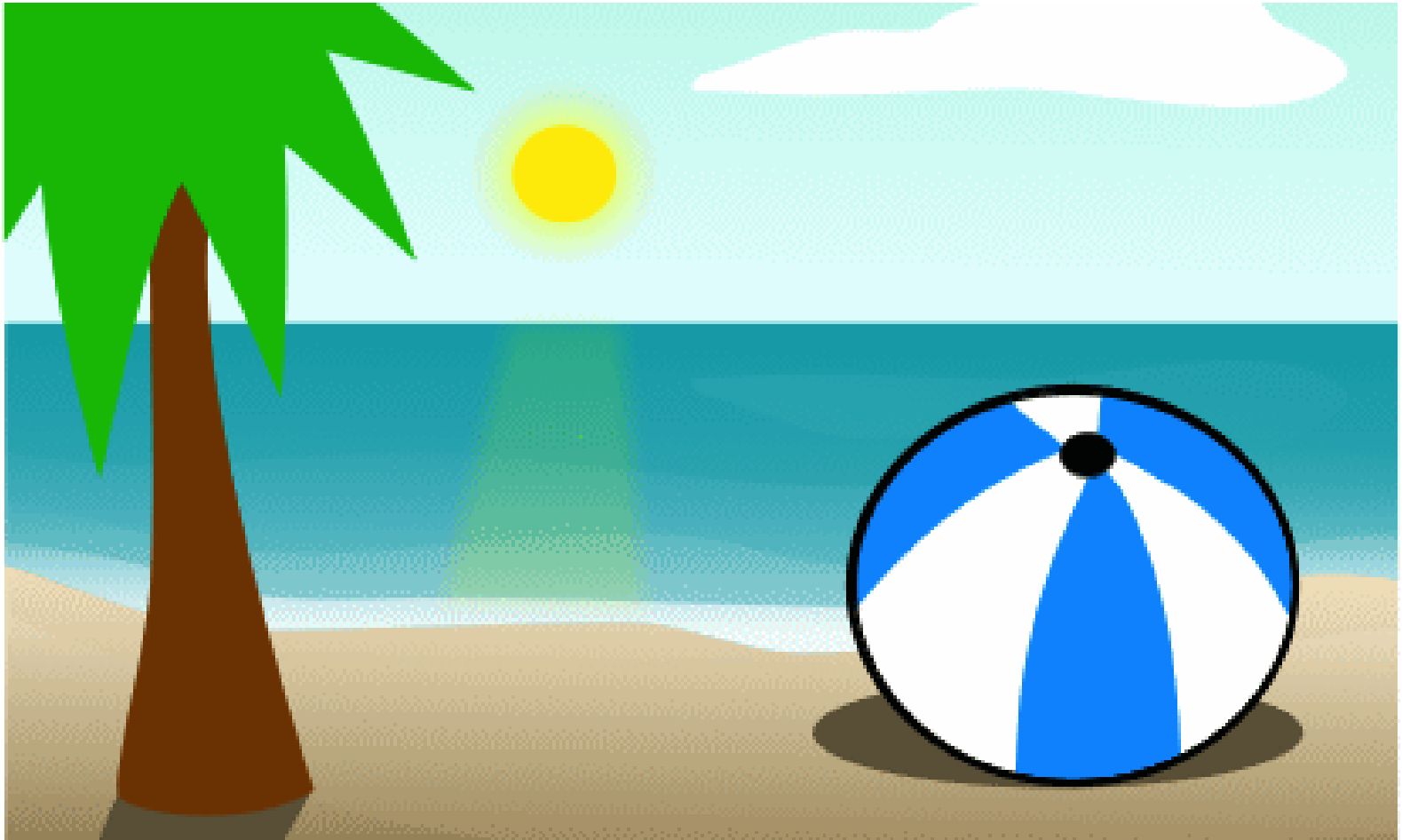
## BAT 2.0

1. Naturally occurring reinforcers, antecedent arrangements, focus on respondent learning
2. Very dog-centered
3. Controllability due to interaction with trigger and movement in space
4. Specific leash skills to keep handler out of the way

## BAT in 2010

1. Reinforcement provided by trainer (theorized walking away as R-)
2. Moderately dog-centered
3. Controllability due to trainer marking and theoretically reinforcing behavior
4. Minimal focus on handler leash skills

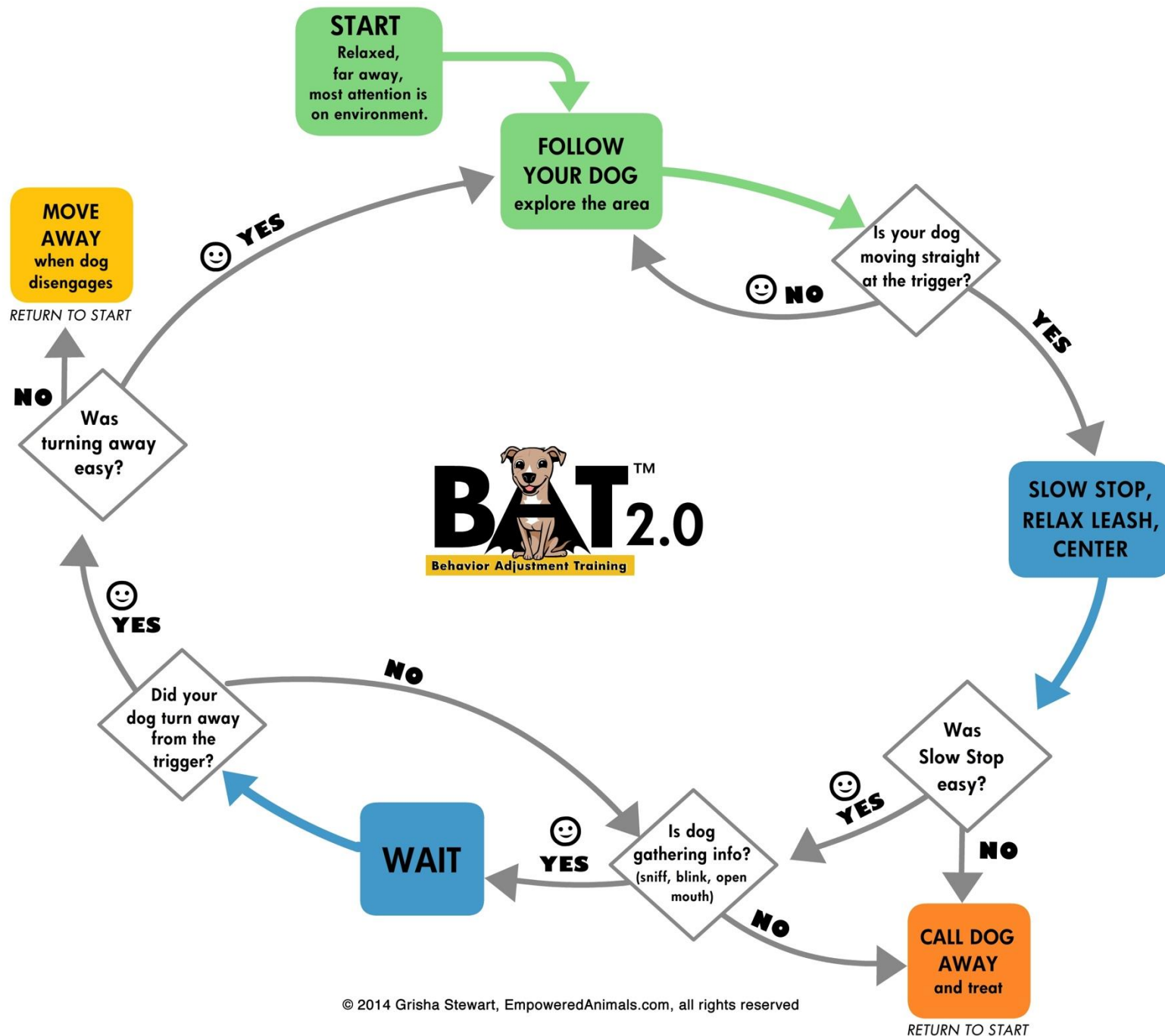
# Stay on the “Beach”



# Simple BAT Instructions



- Let your dog explore the environment
- Slowly stop movement straight at the trigger
- Call away if excitement goes up

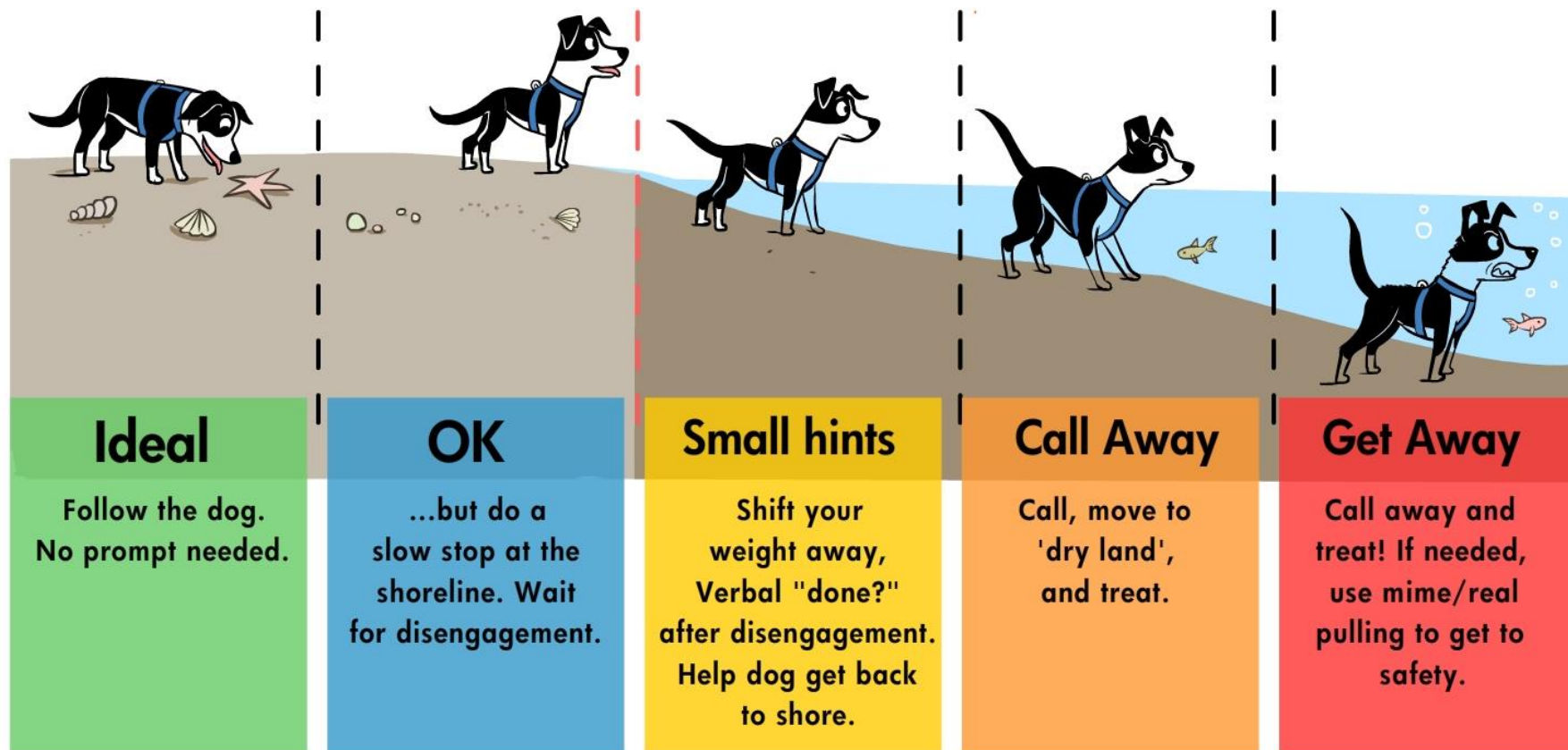


# When Disengaging Isn't Easy

Switch from following to guiding

- Excitement going down or steady: 😊
  - ▣ **Wait** for dog to disengage
  - ▣ **Then** move away
  
- Excitement going up: ☹️
  - ▣ Call away
  - ▣ Treat

# Support Scale - Preview



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# Section 2: Human's Foundations

1. BAT Preview

**2. Human's  
Foundations**

3. Dog's  
Foundations

4. Behind the  
Behavior

5. BAT Set-Ups

6. Variations &  
Other  
Applications

7. Practice!

Bonus Material

# Practice Until These are Automatic!

- 🐾 Handle
- 🐾 Slow Stop
- 🐾 Rebalancing
- 🐾 Mime Pulling
- 🐾 Using a Long Leash
  - 🐾 Shorter
  - 🐾 Longer



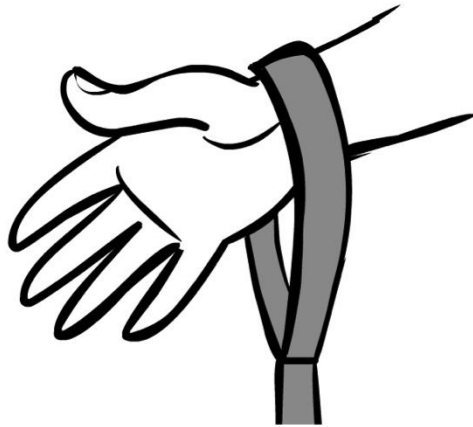


# How We Will Practice These Skills

- 🐾 TAGteach® - Theresa McKeon & Joan Orr
- 🐾 I will explain, then give a Tag Point
- 🐾 First tag me when I do it right
- 🐾 Groups for some skills:
  - 🐾 Leash handler
  - 🐾 Helper or “Dog”
  - 🐾 Tagger/coach with the clicker

# “Handle”

14



# “Thumb Armpit”

15

- **Lesson:** Your thumb is going to hold the leash in place
- **Instruction:** Close the gap between your thumb and pointer finger.
- **Tag point:** “Thumb Armpit”



# “Handle”

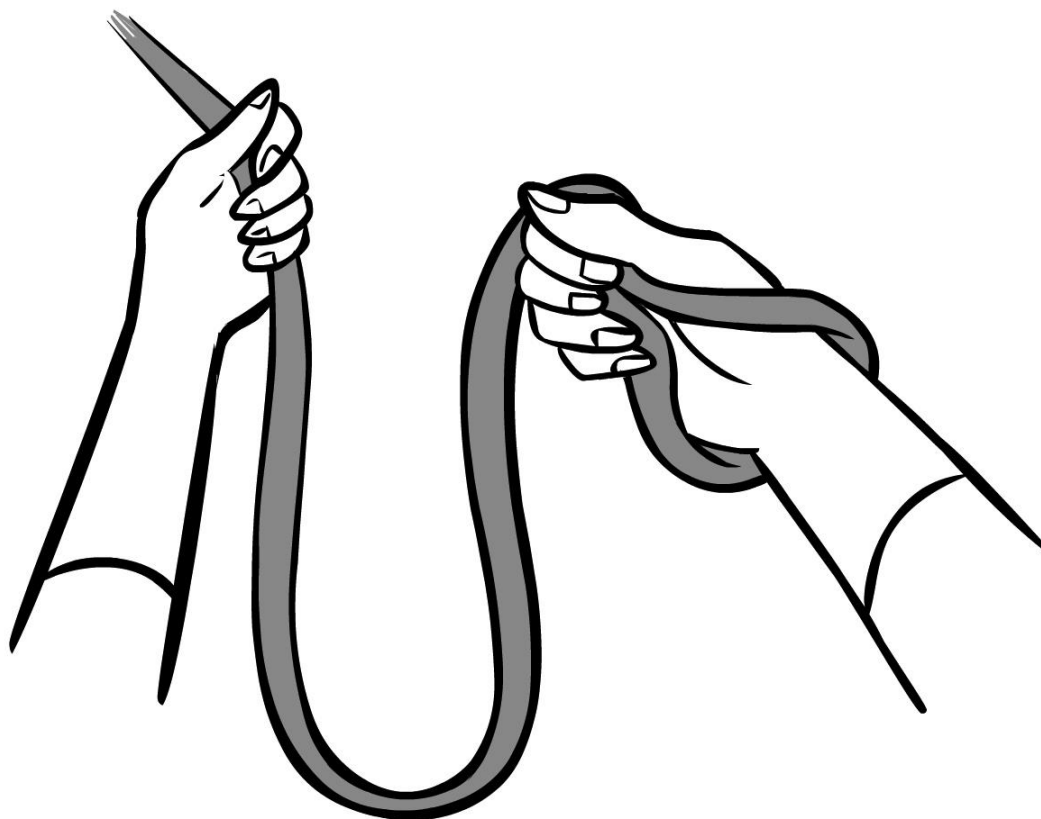
16

1. Put your hand through the handle.
2. Tighten it across your palm.
3. Hold in place with the *thumb armpit*.

This is for situations that you want to make sure not to let go. Practice letting go so that you can still do that if needed.



# Braking Distance

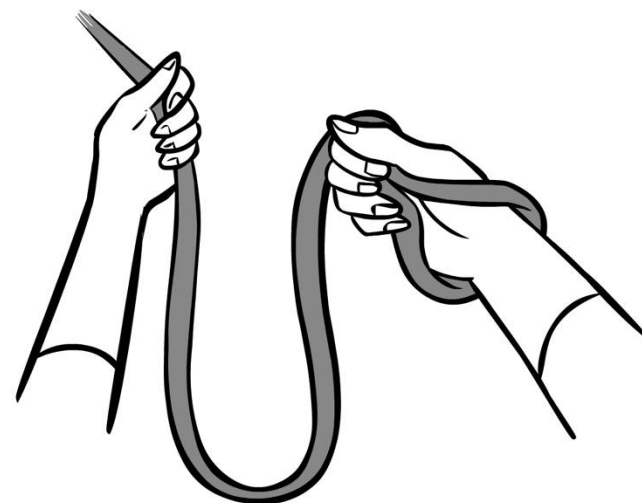


2-3 feet of leash

# “Braking Distance”

18

- **Lesson:** Having extra leash helps stop slowly.
- **Instruction:** One hand is in Handle position. Use the other hand to **grab the leash 2-3 feet away from the handle.**
- **Tag point:**  
“Braking Distance”



2-3 feet of leash

# Leash Communication

19

Gives the dog a bit of prompting:

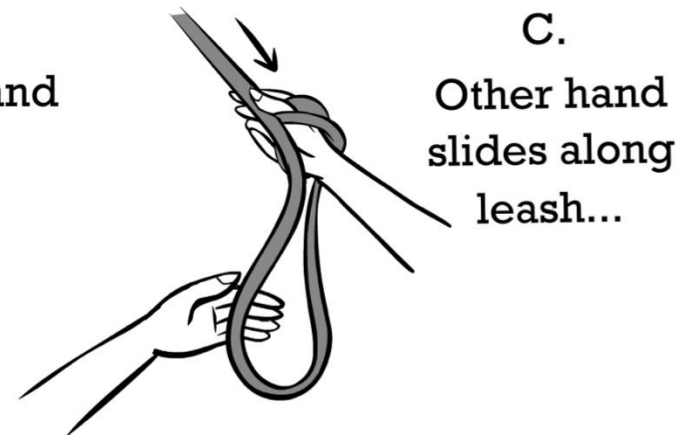
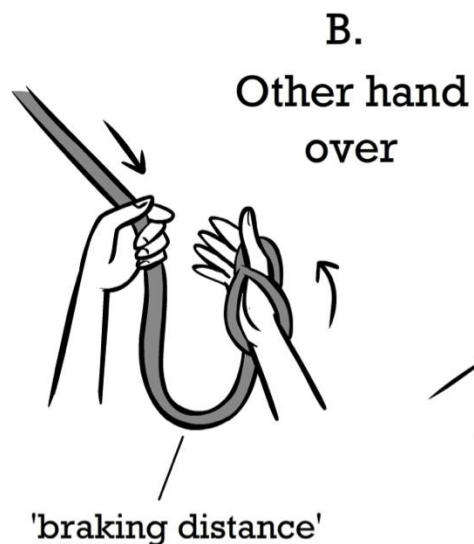
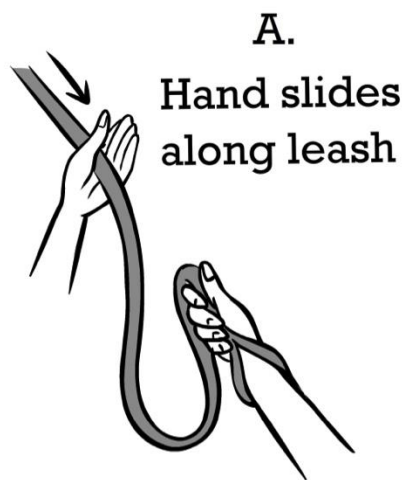
- Your dog is too close to something exciting
  - Can be used with Slow Stop
  - Part of Mime Pulling, which we'll cover next
- 
- Note: If you need this a lot, you're probably too close to distractions

# “Slide”



20

1. Keep “Handle” position
2. Do *Hand Under Hand*





# Hand Under Hand

21

- **Mechanics:** Grip leash with anchor hand, free hand reaches out. Slide free hand toward you along the leash. When you get to the anchor hand, change your grip to switch anchor and free hand.
- **Instruction:** Hand over hand 5 times
- **Tag point:** “Anchor switch”

Practice standing still, then moving toward/away from dog

# Help the Dog Stop Slowly

22

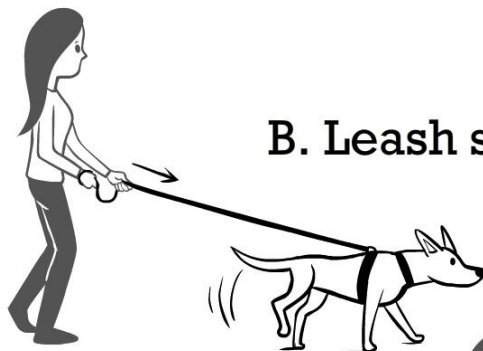
- Used when the dog begins to focus and move toward the trigger
- Also for any time you stop your dog
- It's a dance!
- Why is this important for dogs?

# “Slow Stop”

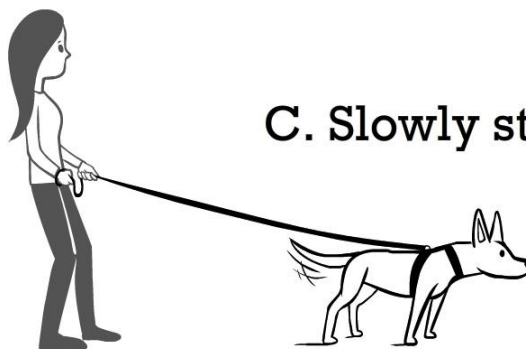
23



A. Leash with braking distance



B. Leash slides out through hand



C. Slowly stop your dog

# “Finger Wave”

24

The way your hand grips affects how slowly the dog stops

- **Mechanics:** Close your hand on the leash, one finger at a time. Pinky first, finishing with the thumb pad on the leash.
- **Instruction:** Repeat 5 times, then switch
- **Tag point:** “Thumb”

# “Slow Stop”

25

Slow is less stressful than sudden



## Simultaneously:

- Slow your body to a stop
- Press the brakes on the leash with the Finger Wave
- Let out 1-2 feet of leash as you stop

# Variation: Slow Stop Verbal Cue

1. Verbal cue (example: Easy)
2. Slowly stop dog
3. Mark the stop (Find It cue, Yes, clicker)
4. Reinforce (search for treats)
5. All Done cue
6. Follow the dog



Easy button is a registered trademark of Staples, Inc.

# More on Verbal Slow Stop Cue

- Other reinforcers:
  - ▣ Attention or Petting
  - ▣ Moving, especially away or forward
  - ▣ Treat to mouth
  - ▣ Move away, then treats on floor
- Cue can be pre-trained with only R+

# Balanced & Unbalanced Greetings

28

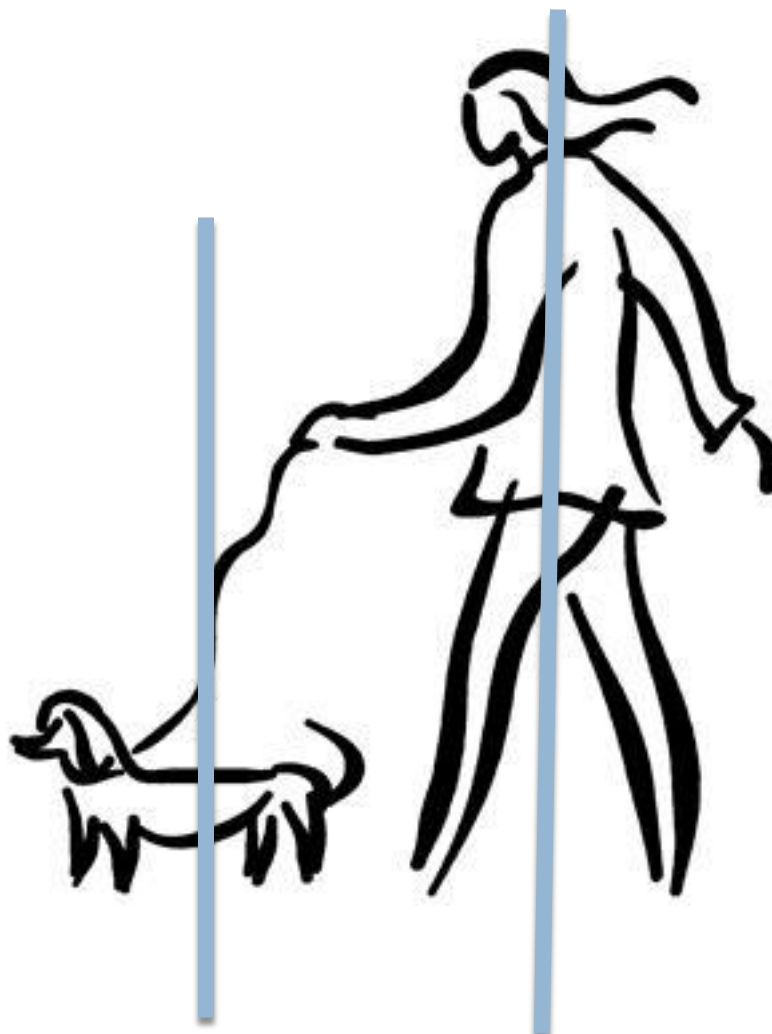


- One person is the ‘dog’
- One is the ‘handler’
- Greet other dogs (as humans) by shaking hands 2 ways:
  1. Handler holds the arm/leash to mimic a tight leash greeting
  2. Dog is “off leash” or loose leash
- Switch roles



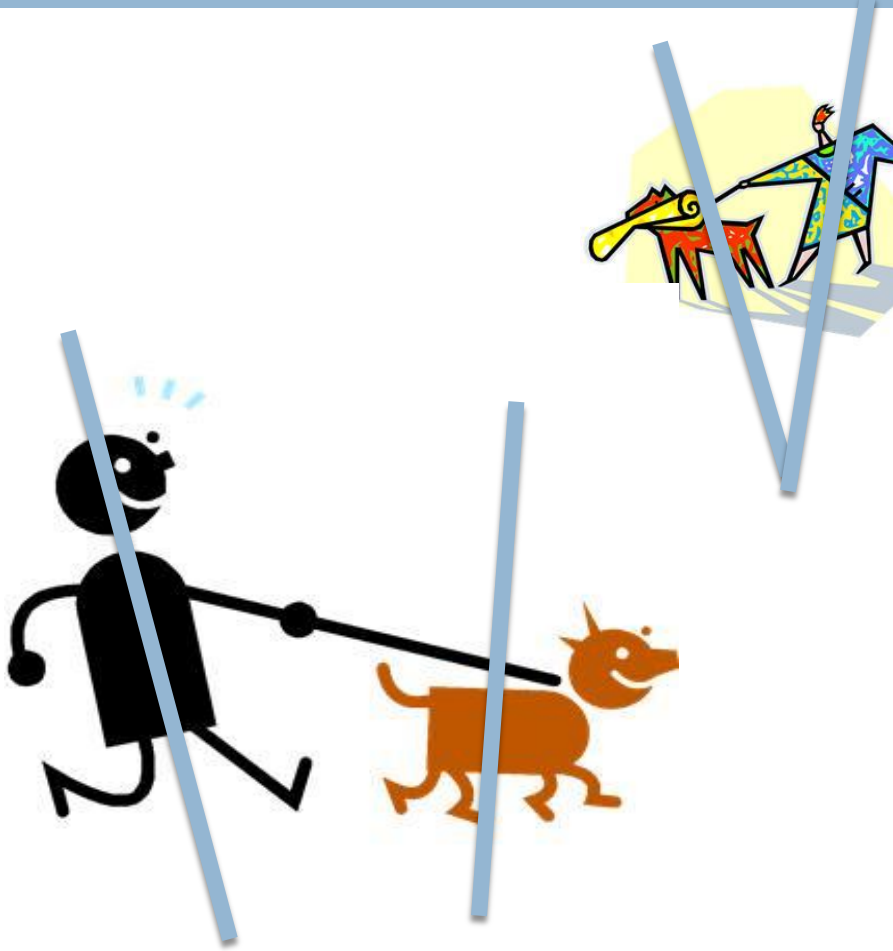
# Dog & Handler in Balance (mostly)

29



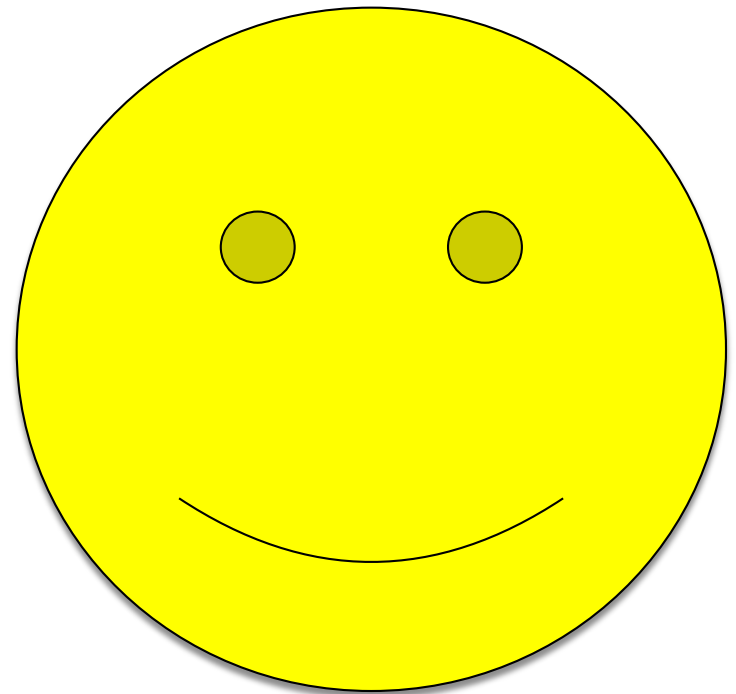
# Balance: See the V's?

30



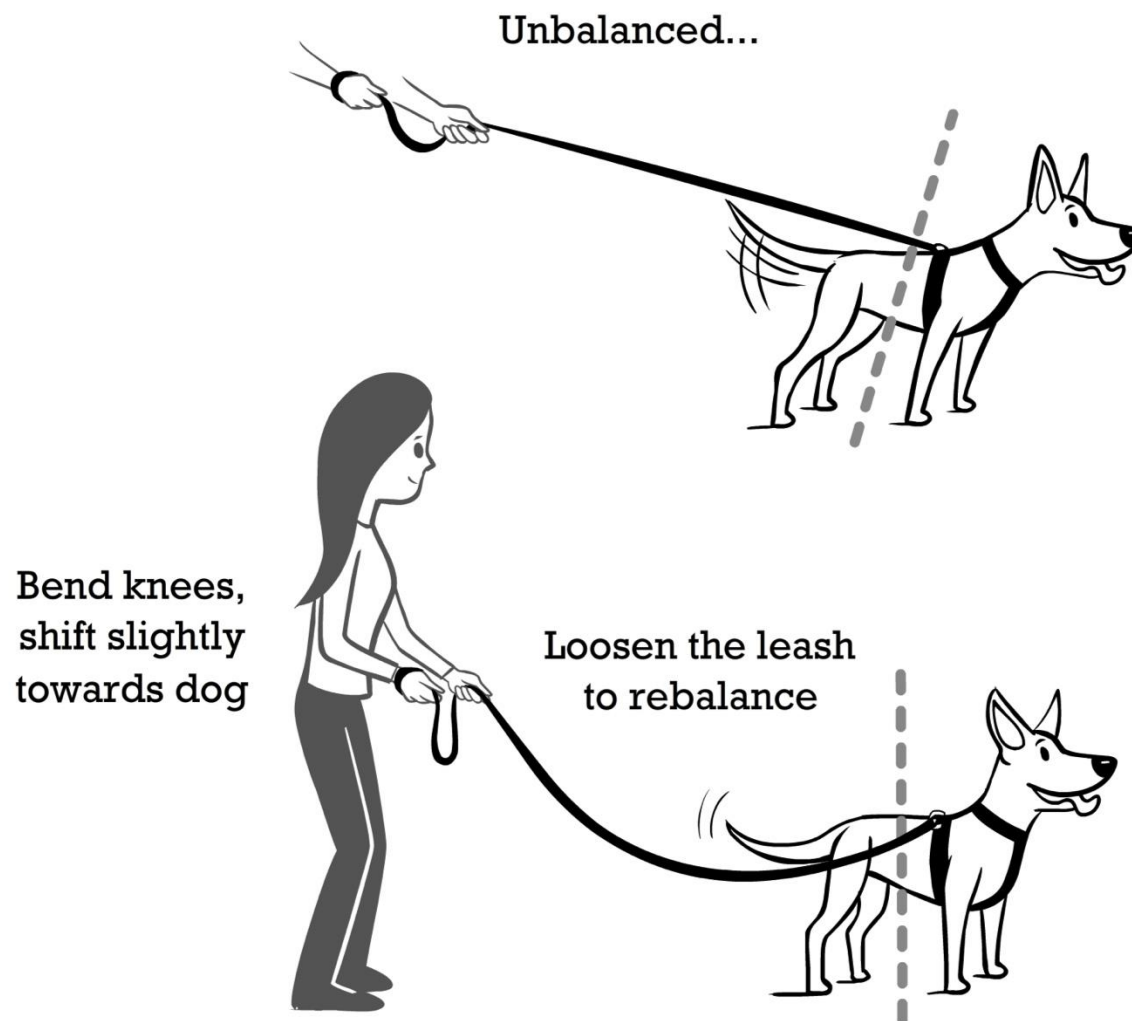
# Put a Smile in the Leash!

- ❑ Braking like a car
- ❑ Full stop before relaxing the leash



Thanks to Claire Goyer, CBATI for the “smile” idea!

# “Relax the Leash”



# “Relax the Leash”

- **Lesson:** When the dog is fully stopped, slowly loosen the leash
- **Mechanics:** Very slowly shift your front knee forward
- **Instruction:** Start tight, relax 5 times
- **Tag point:** “Front Knee”



# “Mime Pulling”

34

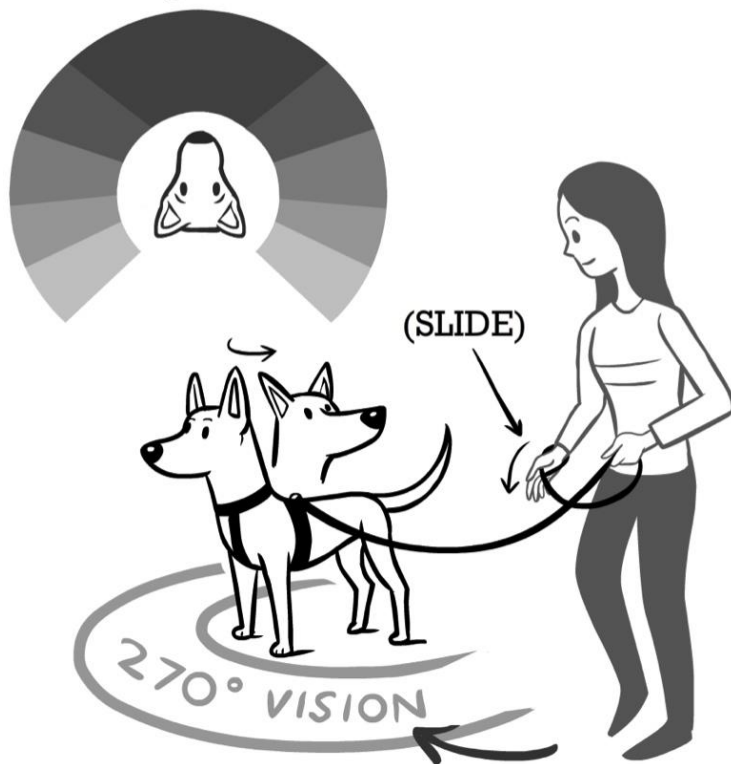
Use when you need the dog to move (and words/sounds aren't enough):

- You are in a hurry
- Something scary is approaching
- You really want to turn your dog away

Practice without making a sound

# “Mime Pulling” = “Slide” + Flirting

270 degrees vision



A. Get into the dog's vision



B. Bend knees & rotate away

# Ready?

36

**Lesson:** If you have your dog's attention, he's more likely to come with you.

**Mechanics:** Using slide, move up to catch your dog's eyes with yours, with your **outside foot slightly back**

**Instruction:** Catch eyes 5 times

**Tag point:** "Eyes"



# Set?

37

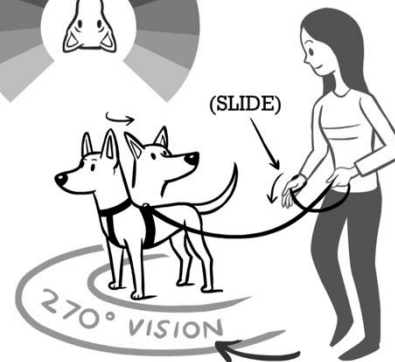
- **Lesson:** Keep eye contact and invite your dog to come with you, sort of like a play bow
- **Mechanics:** Start with your inside foot forward. Twist out to show your rear to the dog
- **Instruction:** Twist out 5 times
- **Tag point:** “Twist”



# “Mime Pulling”

1. Ready? – Get the dog’s attention
2. Set? – Convince the dog to chase you
3. Go! – Move away with the dog

270 degrees vision



A. Get into the dog's vision



B. Bend knees & rotate away

# Least Disempowering Gear

39

All gear limits choices!

- ❑ Ideal: long line & back-clip harness
- ❑ When to shorten your leash
- ❑ When not to use a long line
- ❑ When to use a front-clip harness



# Using a Long Line (15 feet / 5 meters)

40



Practice in advance:

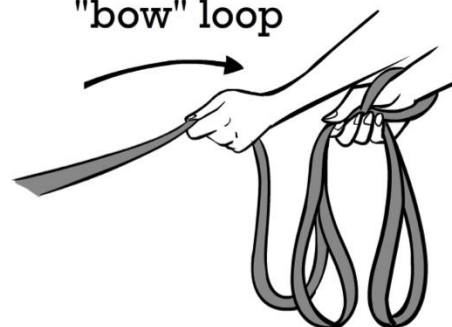
- “Handle” = Grab the leash handle
- “Shorter” = Shorten the leash so that it does not touch the ground
- “Longer” = Let out leash to give freedom

# “Shorter”

Step toward the dog when shortening the leash; don't pull the dog to you.



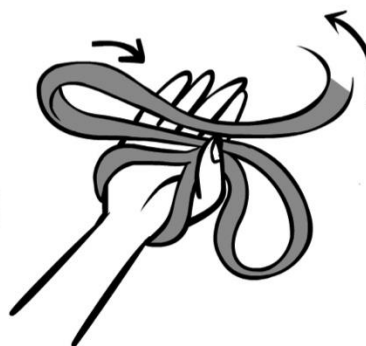
"bow" loop



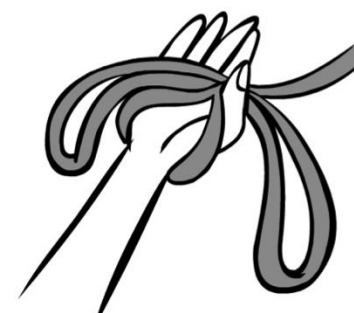
A. Handle



B. 1st Loop



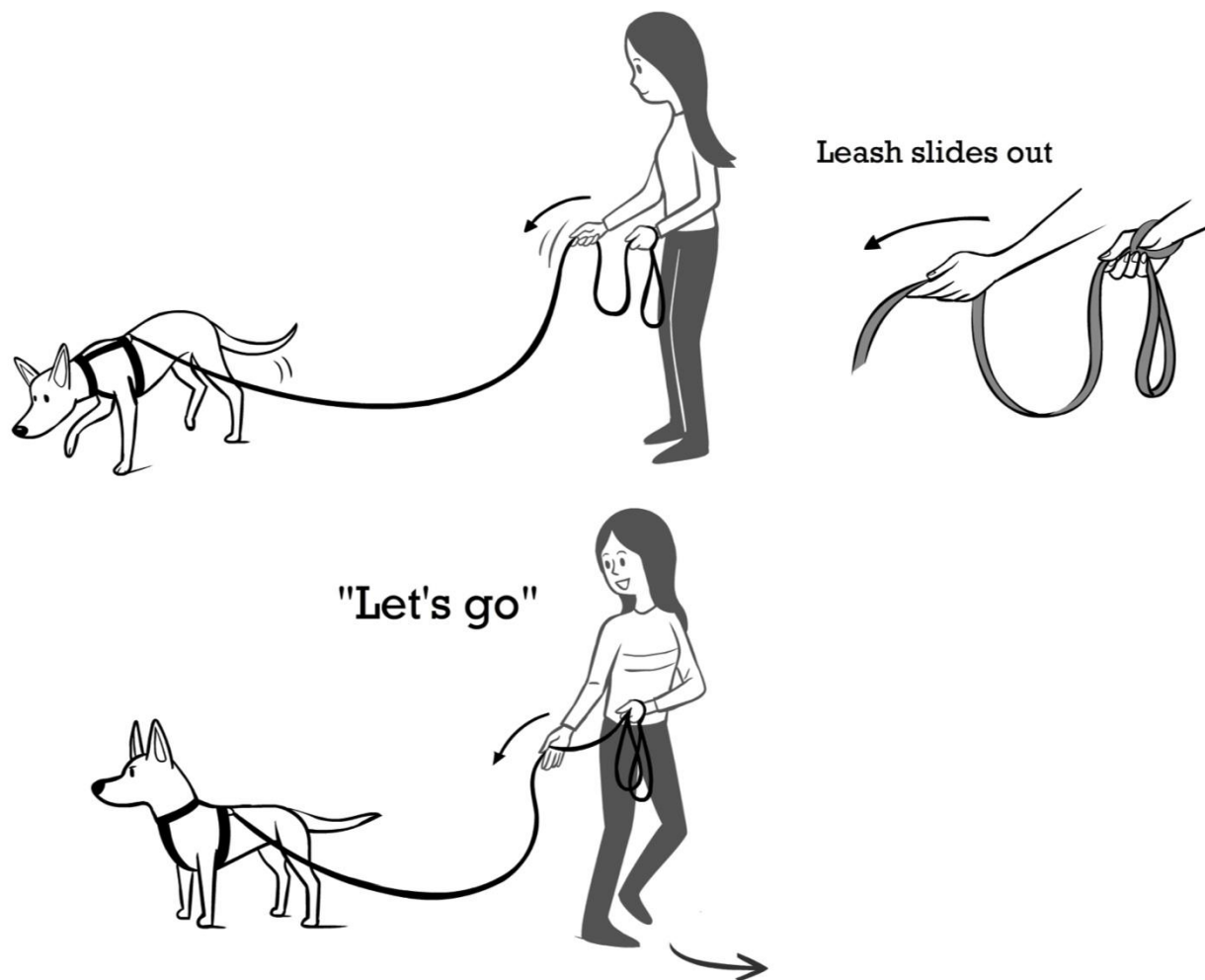
C. 2nd Loop...



D. "Bow" Loop

# “Longer”

42



# “Shorter” & “Longer”

43

- Leash doesn't touch the ground
- Keep a smile in the leash
- 3 times:
  - ▣ You move closer to the dog
  - ▣ You move away
- 3 times:
  - ▣ Dog moves closer to you
  - ▣ Dog moves away

# “Exhale”

🐾 **Lesson:** If you breathe in a relaxed way, it will help your dog relax

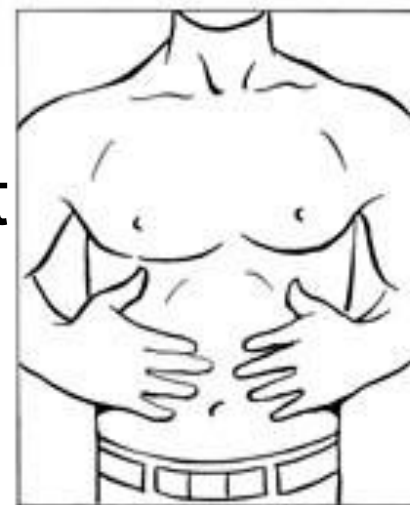
🐾 **Mechanics:** Breathe out so that your stomach moves toward your spine

🐾 **Instruction:** Practice at the break

🐾 **Tag point:** “Exhale”



BREATHING OUT (EXHALING) WITH THE DIAPHRAGM



BREATHING IN (INHALING) WITH THE DIAPHRAGM





# “Center Yourself”

- 🐾 **Lesson:** You may fall if you are out of balance and your dog pulls. Standing off-balance may also cause stress.
- 🐾 **Mechanics:** Stand with your body softly balanced over your feet, knees relaxed, hands at your side.
- 🐾 **Instruction:** Practice at the break
- 🐾 **Tag point:** “Center Yourself”

# Antecedent Arrangements

- ❑ Management
- ❑ Control/avoid situations that cause stress
- ❑ Train until the dog can handle those situations
- ❑ Quick Fixes



# Why is This a Problem?



# Block the View → Less Reactivity







Security

# Control Visits to the Front Door





Officer Johnson runs into  
one of those “gray areas” of the law.



# “My Dog is Not Friendly”





# More Stress Relief

- 🐾 Conditioned Relaxation
- 🐾 Control Unleashed® mat work
- 🐾 Medication/herbs/DAP
- 🐾 TTouch®
- 🐾 Massage
- 🐾 Exercise
- 🐾 Calming Cap
- 🐾 Diet



# Section 3: Dog's Foundations

1. BAT Preview

2. Human's  
Foundations

**3. Dog's  
Foundations**

4. Behind the  
Behavior

5. BAT Set-Ups

6. Variations &  
Other  
Applications

7. Practice!

Bonus Material

# Some Ideas for Skills

- 🐕 **Treat Party Recall**
- 🐕 **Let's go / U-Turn**
- 🐕 **Touch (nose to hand)**
- 🐕 **Find It**
- 🐕 **Put Your Muzzle On**

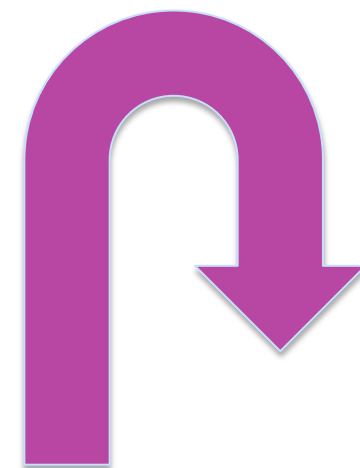


# Treat Party Recall

- ❑ Classically conditioned (Delay)
- ❑ Say “Treat Party” if you are sure he will come
- ❑ Dog arrives, treat on floor (to mouth if needed)
- ❑ Say treat party again before you set down each treat
- ❑ Vary your tone of voice
- ❑ 3 times daily, 15-20 seconds
- ❑ Surprising & tasty treats!

# Let's Go / U-turn

- 🐕 Useful for quick getaways - REHEARSE!
- 🐕 Makes rewarding in BAT more smooth
- 🐕 Dog at side
- 🐕 Human backs up, says verbal cue
- 🐕 Click as dog first turns
- 🐕 Treat
- 🐕 Pivot
- 🐕 Click/treat for focus



# Condition Muzzle for Close-Ups

- 🐾 Basket muzzle is best
- 🐾 Some ways:
  - 🐾 Muzzle as treat bowl
  - 🐾 Target to paper first
  - 🐾 Chin target to hand first
  - 🐾 Click interest / targeting
- 🐾 Put muzzle away between repetitions
- 🐾 Dog on “offense” – not backing away
- 🐾 [tinyurl.com/muzzle-cp](http://tinyurl.com/muzzle-cp) [tinyurl.com/muz-kp](http://tinyurl.com/muz-kp)



# Other Training We Might Add

- 🐾 Counterconditioning for sounds
  - 🐾 Doorbell
  - 🐾 Dogs barking
  - 🐾 Tags jingling
  - 🐾 Environmental noises (motorcycles, etc.)
  - 🐾 Sound desensitization CDs
- 🐾 “Control Unleashed” (mat work, Look at That, click for dog breathing, etc.)

# Section 4: Behind the Behavior

1. BAT Preview

2. Human's  
Foundations

3. Dog's  
Foundations

**4. Behind the  
Behavior**

5. BAT Set-Ups

6. Variations &  
Other  
Applications

7. Practice!

Bonus Material



# First Impressions are Strong!

- Memories are not erased except possibly through reconsolidation\*
- First lessons create the **Rule**
- Later lessons create **Exceptions**
- Emotional 'rules' elicit behavior
- Behavior is subject to reinforcement

\* See notes



# Rules and Exceptions

“The organism seems to treat the second thing learned about a stimulus as a kind of exception to a rule.”

“It is as if the learning and memory system is organized with a **default assumption that the first-learned thing is correct, and everything else is conditional on the current context, place, or time.**”

# Example: Counterconditioning

## □ Experiment 1:

1. Tone → Shock (conditioning)
2. Tone → Food (counterconditioning)

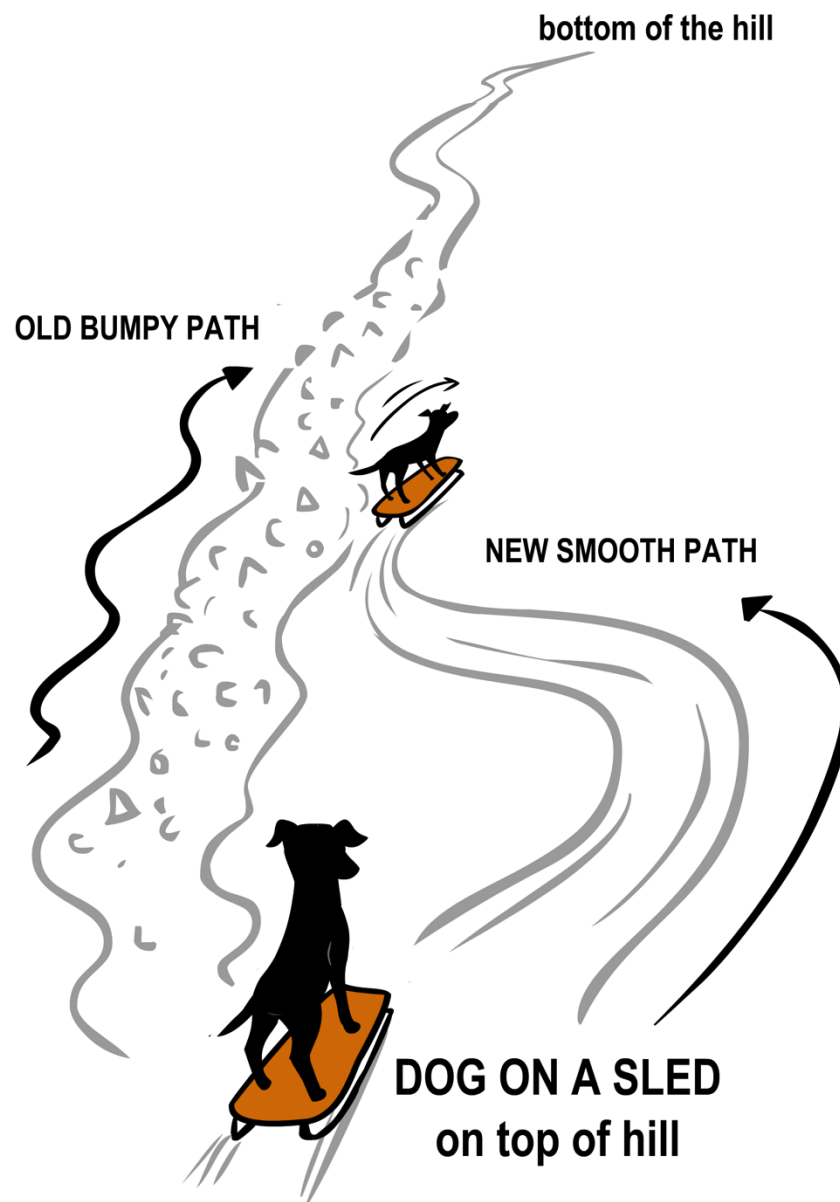
## □ Experiment 2:

1. Tone → Food (conditioning)
2. Tone → Shock (counterconditioning)

## □ Spontaneous recovery

- **First association is not destroyed**

- **Over time without exposure first association returned**



[www.doggiedrawings.net](http://www.doggiedrawings.net) *Lili*

# Behavior Has a Purpose

## Functional Analysis of Problem Behavior:

- ✎ Systematic assessment of the function - what's in it for the child/dog/person
- ✎ Can Use that to reinforce other behavior
- ✎ ABC model
  - ✎ Antecedent → Behavior → Consequence
  - ✎ Does manipulating consequences change behavior?

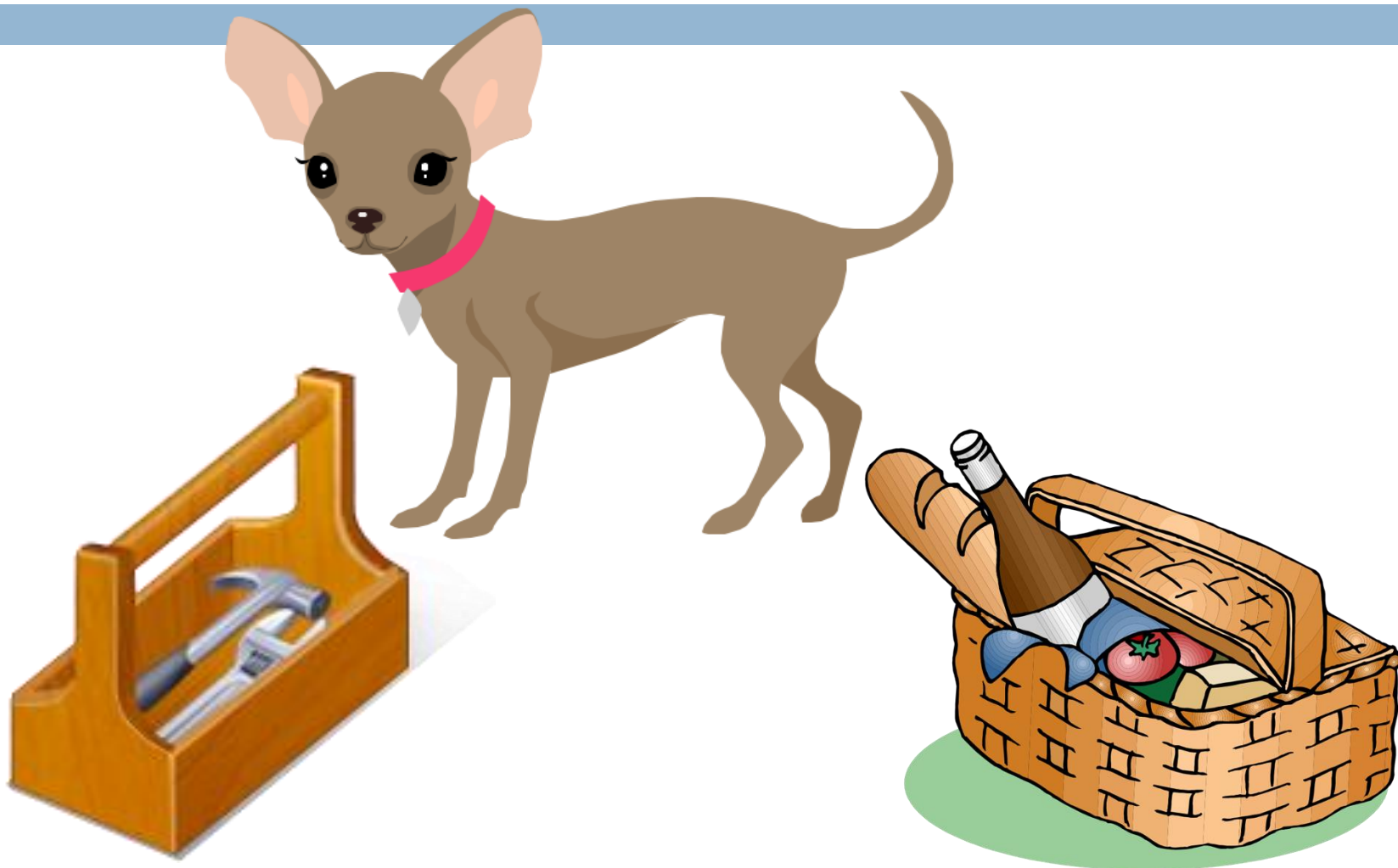
# Proactive Trainer, Empowered Dog

- ❑ Punish unwanted behavior?
- ❑ Reinforce replacement behavior with food?
- ❑ Reinforce replacement behavior by meeting need?
- ❑ Arrange antecedents?
  - ▣ Need not likely to arise
  - ▣ If need does arise, dog performs the replacement behavior to obtain naturally occurring reinforcer

# Less Intrusive is Good!

- INFORMATION is a driving force for change
  - ▣ Arrange antecedents to encourage exploration
- CONTROL is also powerful
  - ▣ Exploration / movement naturally reinforced by a change in the environment (behavior is effective)
- Trainer only steps in when needed
  - ▣ Dog accidentally over threshold
  - ▣ Space is too small

# Why We Try to Make it Natural





# Environmental Enrichment

“The dynamic process for enhancing animal environments within the context of the animals’ behavioral biology and natural history.”

- Association of Zoos and Aquariums, <http://www.aza.org/enrichment>

# The How and Why of Enrichment

“Environmental changes are made with the goal of increasing the animals’ behavioral **choices** and drawing out their species-appropriate behaviors, thus enhancing animal welfare.”

- Association of Zoos and Aquariums, <http://www.aza.org/enrichment>

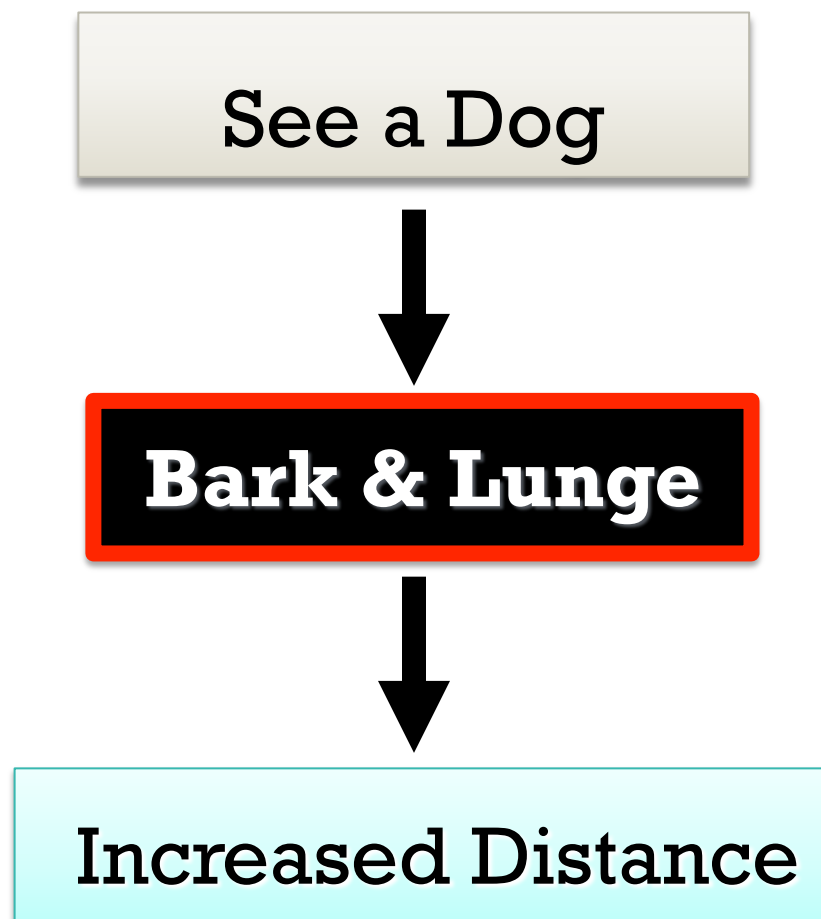
In other words...



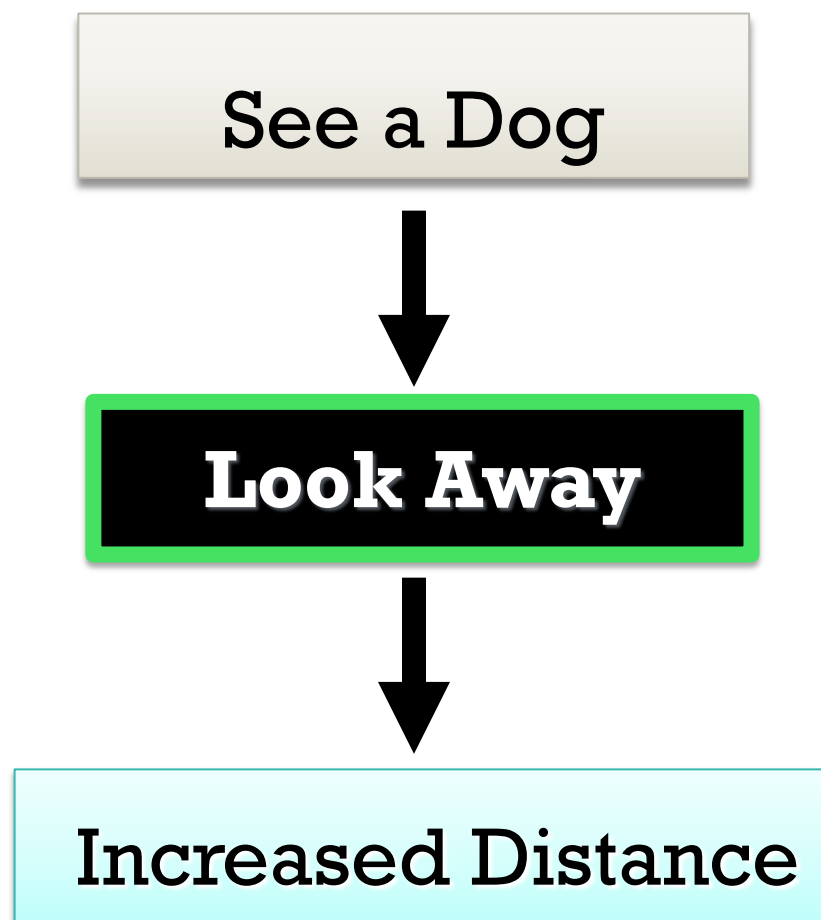
# Enrichment:

giving animals chances  
to make choices

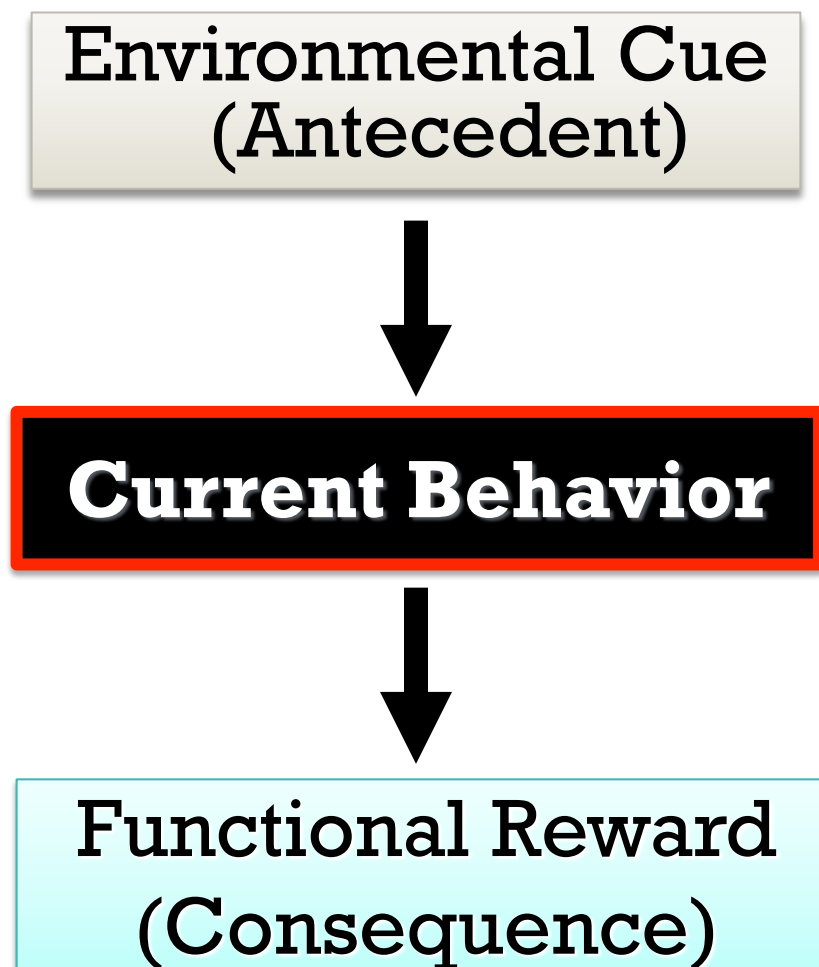
# Function of Barking/Lunging



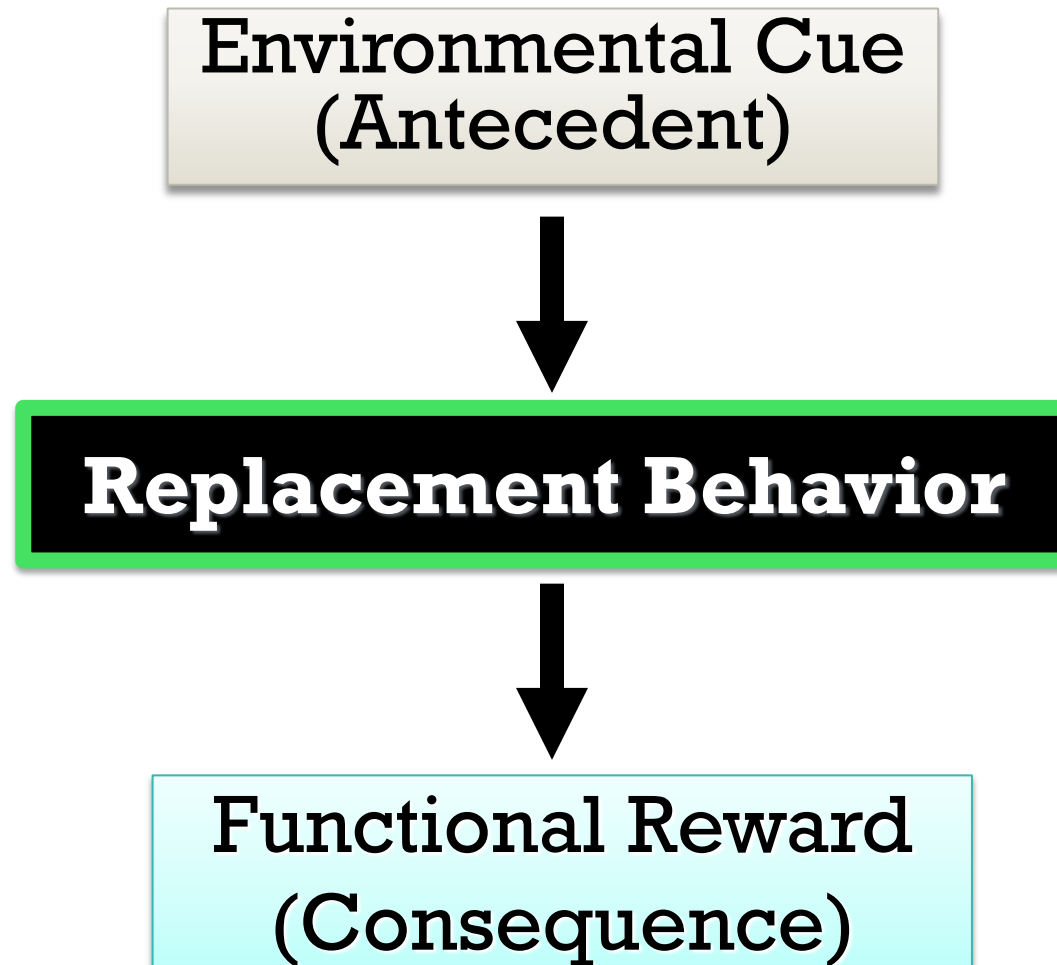
# Look Away Has Same Function



# Functional Assessment



# Replacement Behavior Works Too!



# Who Gives the Reinforcer?

## Handler

- Focus on handler increases
- Focus on environment decreases
- Handler feels useful and important

## Environment

- Handler is less of a context cue
- Attention to environment (learns about the trigger)
- Potential positive experience with trigger



# Why is the CS Scary?

US = unconditional stimulus (scary/painful here)

CS = conditional stimulus

---

1. Direct classical conditioning (CS→US)
2. Vicarious Learning (watching another's reactions: CS → panic)
3. Verbal Information about CS (in humans)

# Pavlovian Extinction of Fear

- Reduction in performance that occurs by presenting the conditioned stimulus alone:

$X \rightarrow \text{nothing}$

$X \rightarrow \text{nothing}$

$X \rightarrow \text{nothing}$

- Creates a competing memory
- X now has an ambiguous meaning (context)
- Full strength or at low intensity
- Repeat until response is at pre-training levels

# Exposure Therapy (people)

- Careful exposure to a trigger at a level that the person can handle (real or imagined)
- May use relaxation (systematic desensitization)
- Often has a cognitive component (talking)
- Person *chooses* to participate
- Taking breaks (escape) reduces stress
- Less return of fear if the heart rate is not elevated

# Classical Counterconditioning

- Effect of repeatedly pairing a stimulus associated with one event with a different event

$$X \rightarrow Y$$
$$X \rightarrow Y$$
$$X \rightarrow Y$$

- Creates a competing memory
- X now has an ambiguous meaning (context)
- Full strength or at low intensity
- Repeat until response to X is similar to response to Y (not exactly the same)

# Return of Fear (ROF)

We will be talking about fear a lot because it's what has been studied the most.

A lot of this may apply to your dog even if there is no fear.

- Some change of context or something else brings fear back
- Usually not back to original level
- Various ways
  - ▣ Renewal
  - ▣ Spontaneous Recovery
  - ▣ Reinstatement

# Renewal (ROF)

- Going back to the original context brings back the original learning
- Applies to:
  - ▣ Aversive conditioning
  - ▣ Appetitive conditioning
  - ▣ Taste aversion learning
  - ▣ Extinction
  - ▣ Counterconditioning



# What is Context?

## Exteroceptive (External)

- ☐ Room
- ☐ Place
- ☐ Environment
- ☐ Other external background stimuli

## Interoceptive (Internal)

- ☐ Drug state
- ☐ Hormonal state
- ☐ Mood state
- ☐ Deprivation state
- ☐ Recent events
- ☐ Time (Spontaneous Recovery)

See Bouton (2000) for a summary

# Reinstatement (ROF)

- Post-training, animal receives a non-contingent US
- Example
  - ▣ Rat learns tone → shock (conditioning)
  - ▣ Rat learns tone → food (counterconditioning)
  - ▣ Rat no longer freezes at tone
  - ▣ Rat is shocked in some context
  - ▣ Rat freezes at the next presentation of the tone in that context



# Ways to Prevent Return of Fear

- ❑ Controllability
- ❑ Predictability
- ❑ Overtraining
- ❑ Training in multiple contexts
- ❑ Multiple versions of the feared stimulus
- ❑ Blocks of training versus one long session
- ❑ Reconsolidation? See notes
- ❑ Mood state (research in humans)
- ❑ Low heart rate
- ❑ Evaluative conditioning - change of valence
- ❑ Prevent reacquisition: Avoid dangerous situations

# Controllability & Predictability

- Essential for humane care
- Great way to prevent return of fear
- Predictability
  - ▣ I know when that's coming
  - ▣ I know when that's stopping
- Controllability
  - ▣ I can gather information
  - ▣ I can go away
  - ▣ Creates resilience, even to later uncontrollable stressors (Maier, et al., 2006)



“The degree of control that an organism has over a stressor potentially modulates the impact of the stressor, with **uncontrollable stressors producing a constellation of outcomes** that do not occur if the stressor is behaviorally controllable.”

# Uncontrollable Stress Can Cause...

- Reduction in exploration (neophobia)
- Reduction in social interactions/activity
- Failure to respond to aversive stimuli
- Immune system suppression
- Inability to form response-outcome associations
- Ulcers
- Exaggerated response to drugs of abuse
- **Potentiate fear acquisition**

Some effects last 48-72 hours, some more

Nicely summarized in Maier, et al. (2006)

“The degree to which a behavior reduction procedure preserves learner control is essential to developing a standard of humane, effective practice.”

**“Research demonstrates that to the greatest extent possible all animals should be empowered to use their behavior to control significant events in their lives”**

# Overtraining

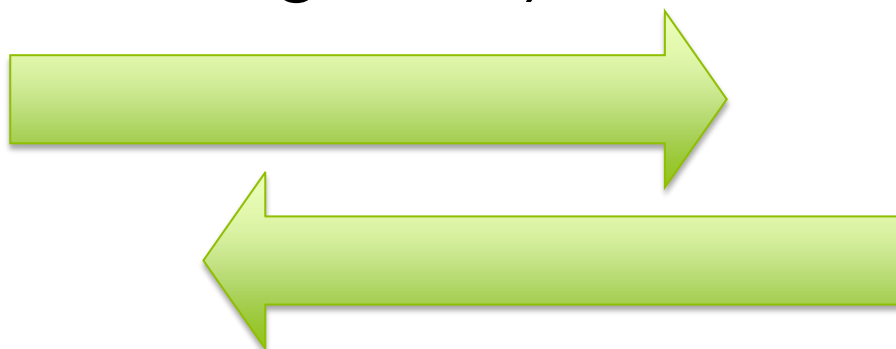
Extinction studies: continue for several minutes past the point of no response

BAT:

- Overtrain at a comfortable distance at the end
- Example
  - ▣ Look for a stopping point when dog is still happy
  - ▣ Stay & have fun at that distance for 10 more minutes, like a walk (dog can always leave)
- Do more sessions than you think you need

# Context: Proximity & Direction

- Distance to trigger
- Distance to support (mom/dad/sibling)
- Direction to trigger – ahead/behind
- Direction of motion  
(parallel/opposite/angle/arc)





# Context: Motion

- 🐾 Trigger speed
- 🐾 Subject speed
- 🐾 One/both moving
- 🐾 Erratic motion
- 🐾 Moving toward/away
- 🐾 Significant motions (reaching to pet, bowing, etc.)



# Context: Sounds

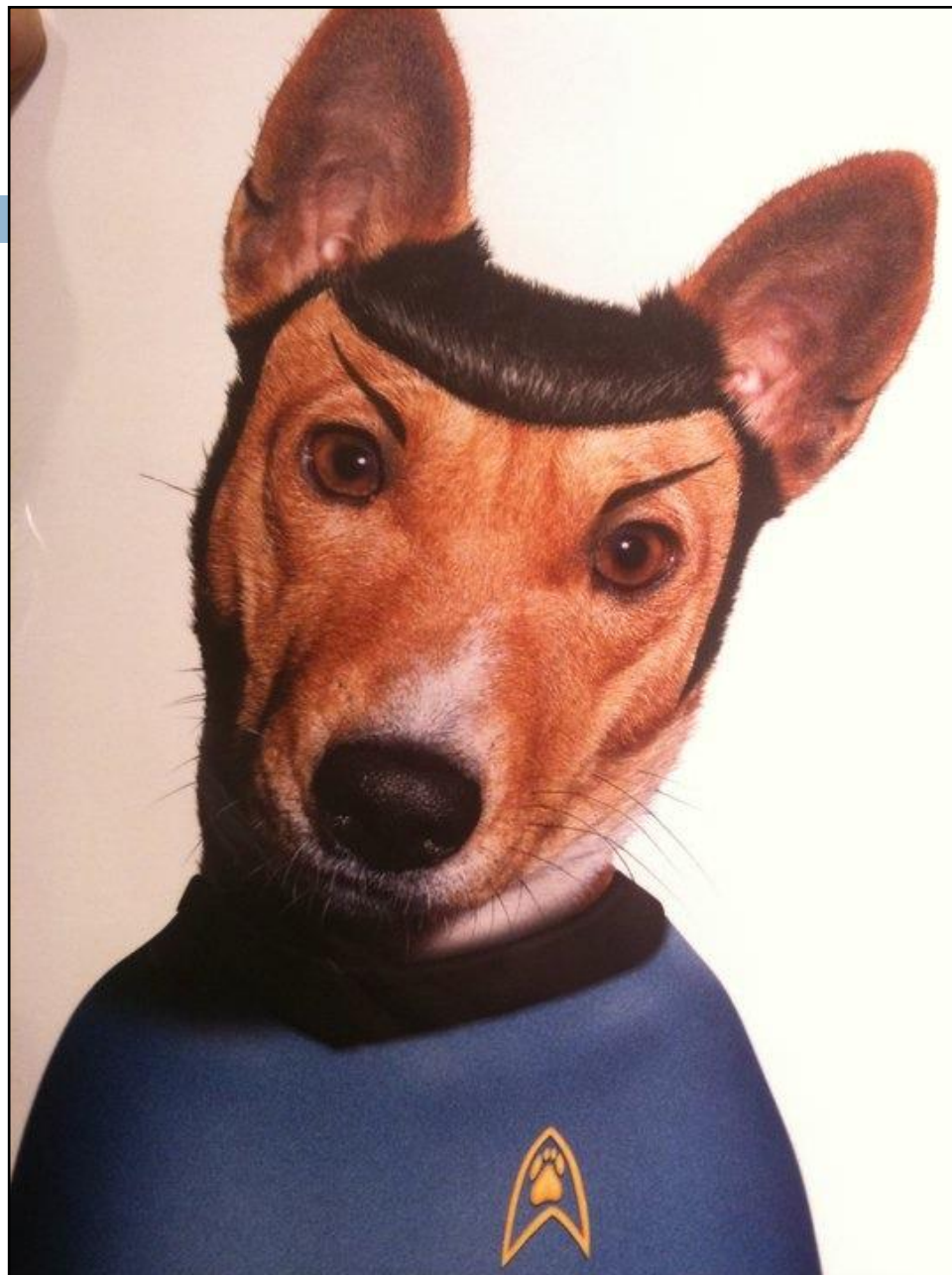
- ❧ Trigger making noise (talking, jingling tags, barking, whining)
- ❧ Handler talking to trigger
- ❧ Other sounds in the environment
- ❧ Meaning of sound
- ❧ Volume & quality of sound



# Context: Duration & Time

- 🐾 How long session lasts
- 🐾 Amount of time since last break
- 🐾 How long between training sessions





# Context: Other Trigger Aspects

- 🐾 Objects (hats, umbrellas, boxes)
- 🐾 Smells (smoke, alcohol, etc.)
- 🐾 Eye contact (none, soft/blinking, staring)
- 🐾 On leash / off leash (subject & decoy)
- 🐾 Decoy size/age/breed/color/coat
- 🐾 Temperament of decoy
- 🐾 Neuter status / sex of decoy

# Context: Even More to Look For...

- 🐾 **Toy & food presence/absence**
- 🐾 Family presence/absence
- 🐾 Location – close to home, etc.
- 🐾 Time of day (esp. light/dark)
- 🐾 Gear: leash, Thundershirt, muzzle
- 🐾 On/off medications, herbs, DAP, etc.
- 🐾 Daily stressors outside of BAT session

# Section 5: Doing BAT

1. BAT Preview

2. Human's  
Foundations

3. Dog's  
Foundations

4. Behind the  
Behavior

**5. BAT Set-Ups**

6. Variations &  
Other  
Applications

7. Practice!

Bonus Material

# Simple BAT Instructions






- Let your dog explore the environment
- Slowly stop movement straight at the trigger
- Call away if excitement goes up





# How to Arrange Set-Ups



## Volunteers

-  1<sup>st</sup> helper, easy temperament (helper = decoy = stooge)
-  Entice with food or services
-  Helper as natural as possible

## Enriched space (smells, sights, etc.)

-  Natural surface ideal
-  Trees or bushes

## Generalize

-  Different locations, including significant ones
-  Different people, outfits, etc.

# Safety First!

- 🐾 Plan escape routes (gates, car, etc.)
- 🐾 Be aware of trigger stacking
  - 🐾 Schedule to avoid outside stimuli
  - 🐾 Feed treats or put dog away to stay subthreshold
- 🐾 Plan for how to handle loose dogs
- 🐾 Learn each other's names!
- 🐾 Know location of closest (open) vet
- 🐾 “If you see something, say something.”



# Safety Gear

- 🐕 Harness
- 🐕 10-15 foot leash
- 🐕 Connections & gear fit
- 🐕 Fence or muzzle for up-close work
- 🐕 Fight break-up equipment →



# What Does the Helper Do?

Helper = Decoy = Trigger

- Positive social experience for the student dog
- Natural, calm, friendly (if possible)
- Helper dog may need training mode
  - ▣ To avoid contact with the student dog
  - ▣ To avoid boredom / stress
- Fun Factor at the end (treats, ball, walk)

# When Do We Start?

- 🐾 If dog notices a trigger, training begins!
- 🐾 Arrange session before dog comes out
  - 🐾 Call ahead or knock?
  - 🐾 Where are people standing?
  - 🐾 Camera set up, etc.
- 🐾 Dog is on break for discussions
- 🐾 Arousal may be high at first

# Sample Menu for a BAT Set-up



- Appetizer: (Casual) Find It
- Main Course: Explore the area with BAT
- Dessert: Stuffed Kong or more Find It

# Short Sessions with Breaks

- ❧ Depends on dog, but sniff or play breaks are good to keep distress low
  - ❧ I prefer sniffing versus play - keep stress low
  - ❧ Some dogs need jollying – but if you need a lot, you're probably crossing threshold
- ❧ Breaks throughout the session, whenever subject or decoy needs one
- ❧ Session length varies with students and helpers: Average about 30-45 minutes

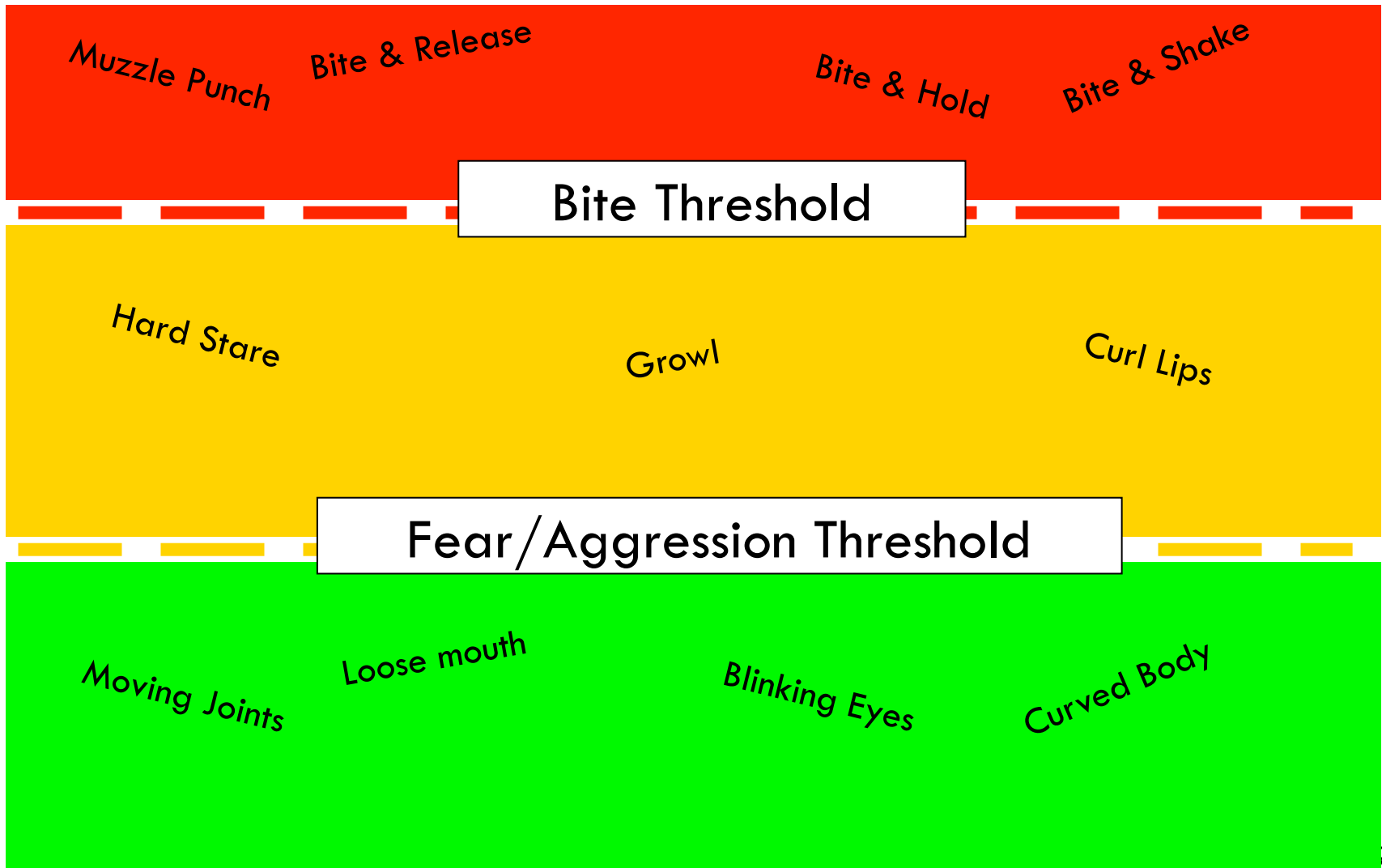
# When to Stop the Session

- Stop with a happy dog
- External stressors (noise, distraction, cold)
- Health (dog or others are hurt or don't feel well)
- Student stressed, over threshold multiple times, etc.
- Helper is stressed, tired, etc.
- Safety issues

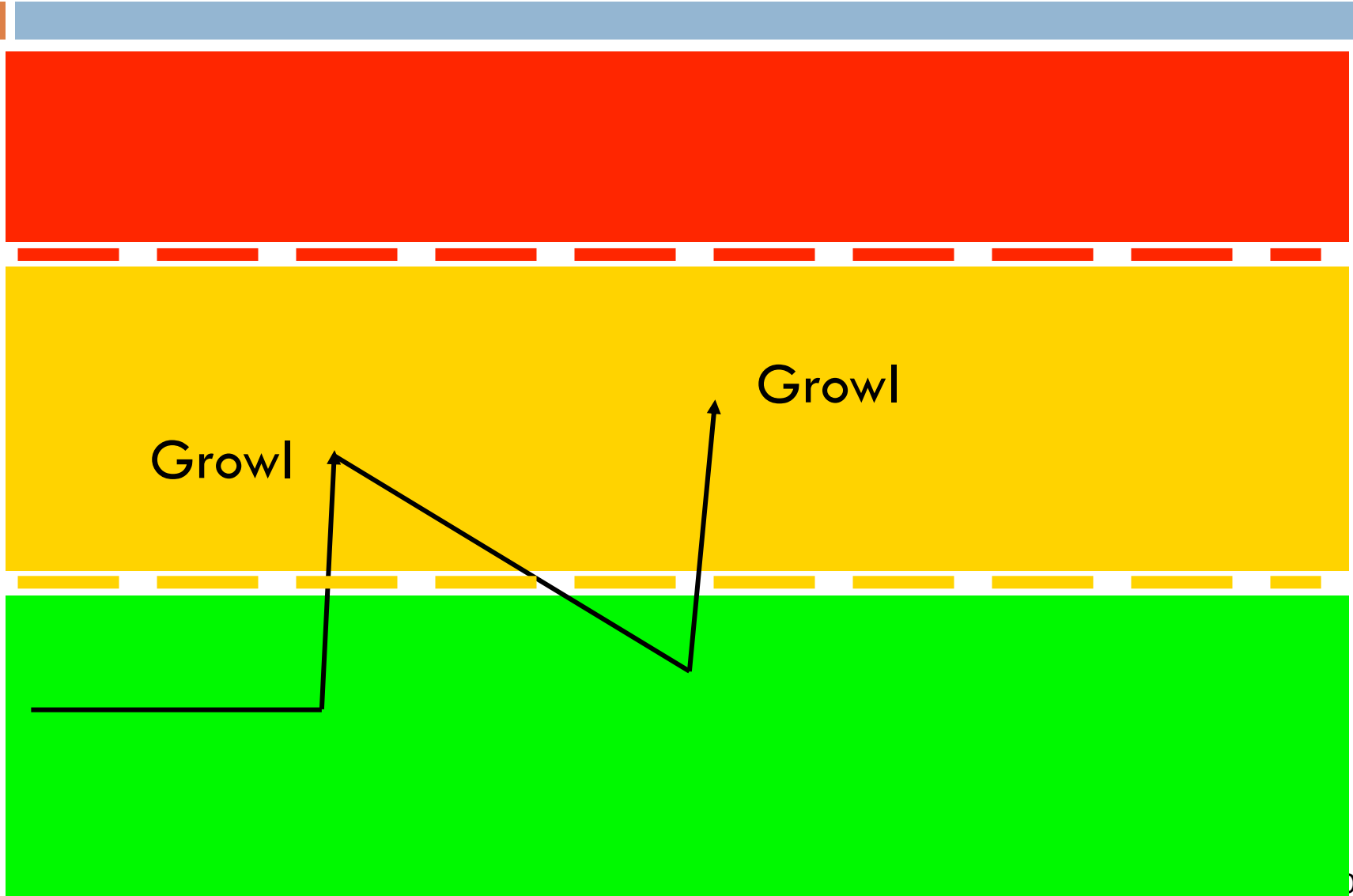




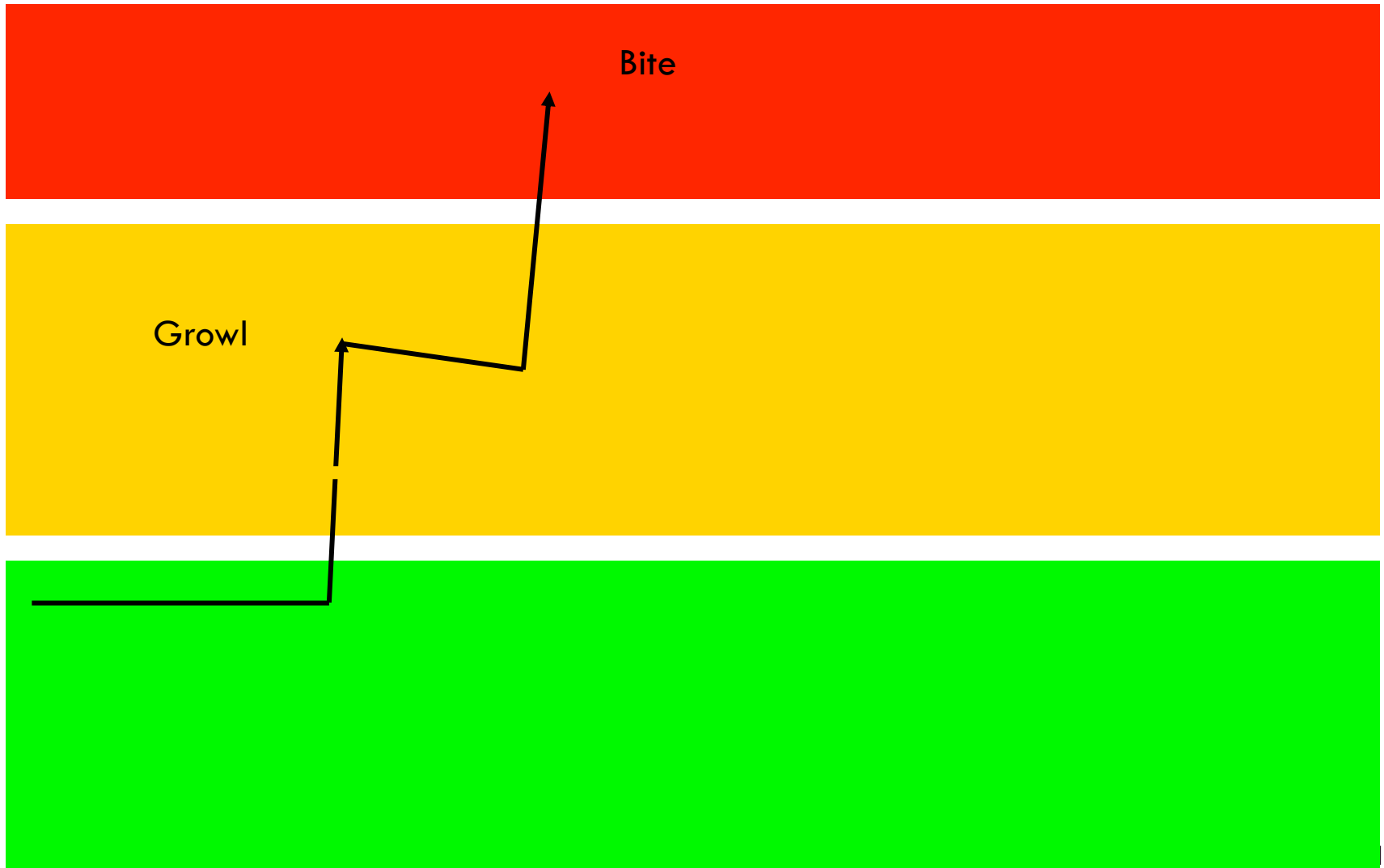
# Stress Levels



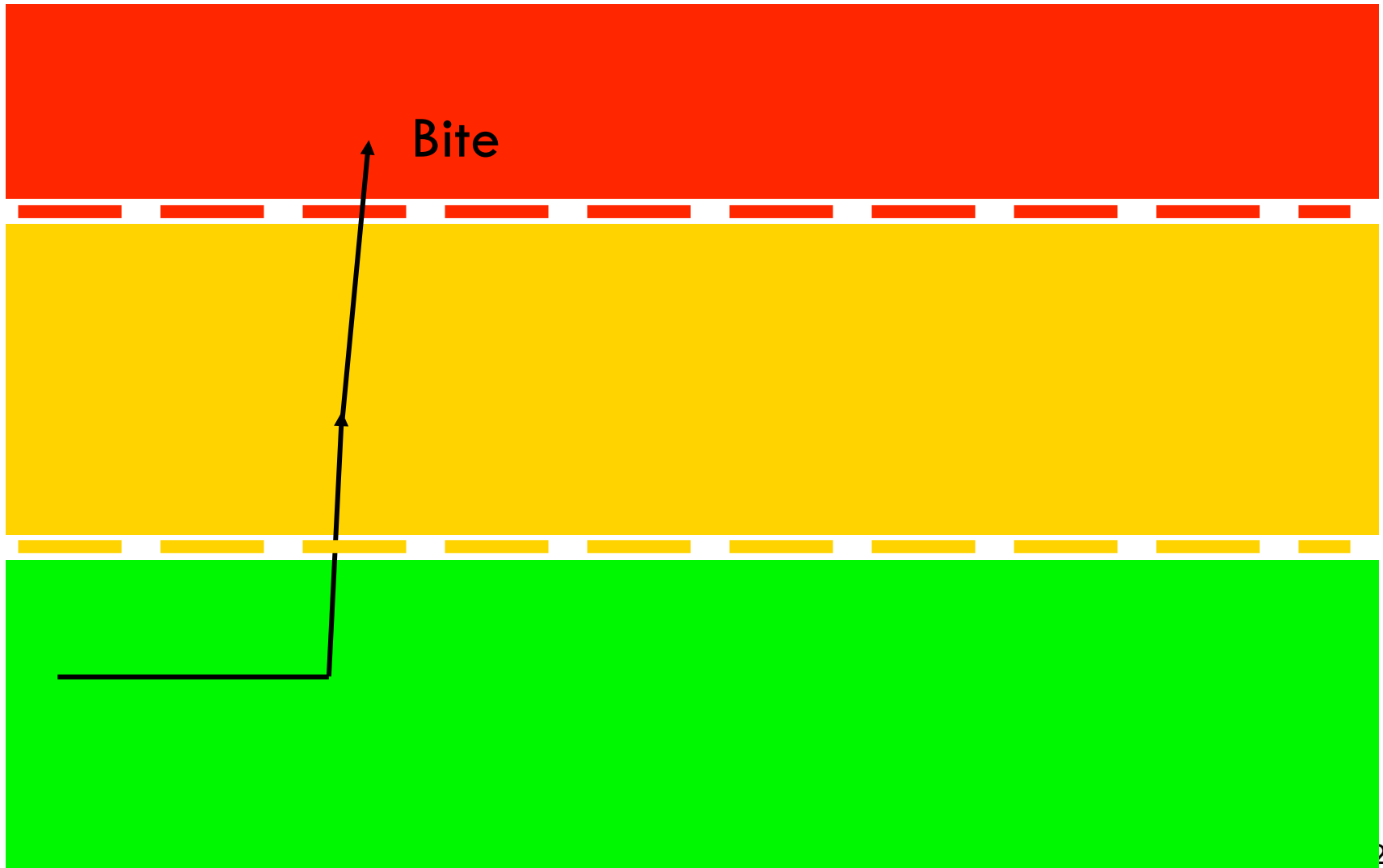
# Relaxing Between Triggers



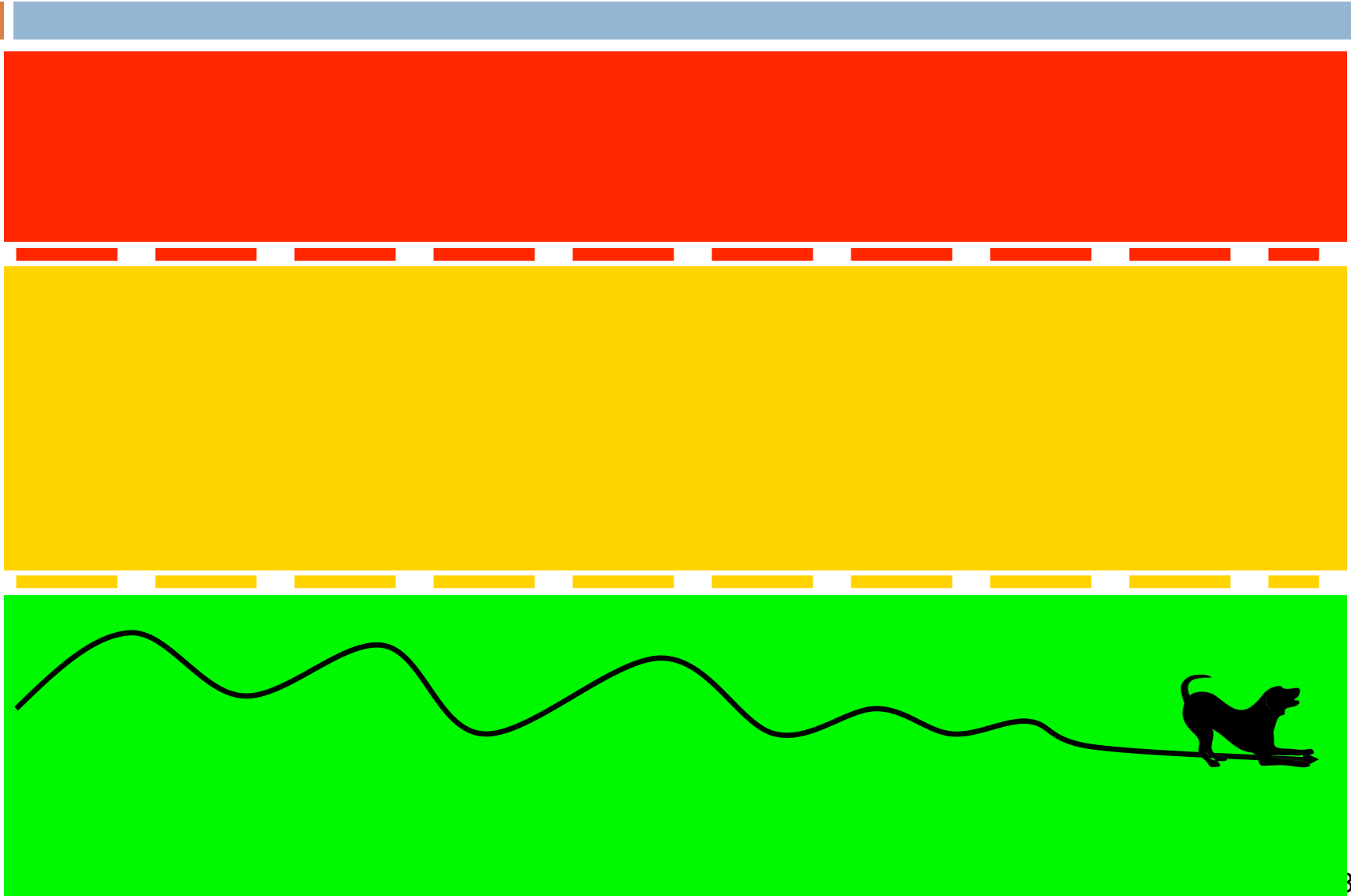
# Trigger Stacking



# “He Bit Without Warning!”



# Arrange for 'Below Threshold'



DOG:

- loose body
- soft mouth, ears
- not avoiding trigger
- sniffing ground
- passing glances, easy to look away
- moving to explore environment



## Ideal

Follow the dog.  
No prompt needed.

DOG:

- gathering info
- arcs towards trigger
- ears up
- focused eyes
- air-scenting
- disengages easily



## OK

...but do a slow stop at the shoreline. Wait for disengagement.

DOG:

- arousal level moderate, but is decreasing
- intent on trigger
- disengages without help, but takes more than 2 seconds.



## Small hints

Shift your weight away, Verbal "done?" after disengagement. Help dog get back to shore.

DOG:

- unable to disengage
- stiff face and body
- tail up and stiff
- mouth closed
- breathing faster
- avoids trigger altogether
- pickier about food



## Call Away

Call, move to 'dry land', and treat.

DOG:

- over his head
- signs of reactivity



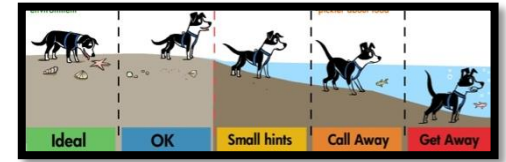
## Get Away

Call away and treat! If needed, use mime/real pulling to get to safety.

# “Stay Below Threshold”

- In BAT, we mean the dotted line on the drawing
- Curious but not too excited
- Keep the dog ‘on the beach’
  - Green or blue areas
  - Slow Stop at the shoreline (edge of blue)
- Support the dog if he is ‘in the water’

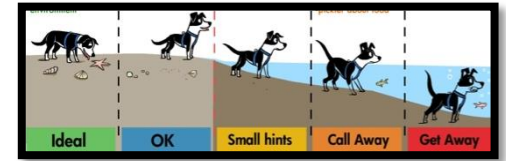
# Green Zone: Low Risk



- Dog: Relaxed (normal outdoor heartrate)
- Handler: Connected\*, but out of dog's way
- Dog: Exploring the space
  - ▣ Moving around, loose body
  - ▣ Sniffing
- Dog:
  - ▣ Barely notices the trigger (not avoiding it)

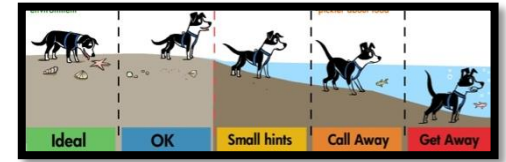


# Blue Zone: Guarded



- Dog: Relaxed (heartrate tiny bit elevated)
- Handler: Connected, out of dogs's way
- Dog: Gathers information about the trigger
  - ▣ Glances at the trigger
  - ▣ Stops to look, body is curved and loose
  - ▣ Sniffs while looking
  - ▣ Turns away and moves on naturally
  - ▣ Could also offer pro-social behavior (loose wag, lean in for petting, etc.)

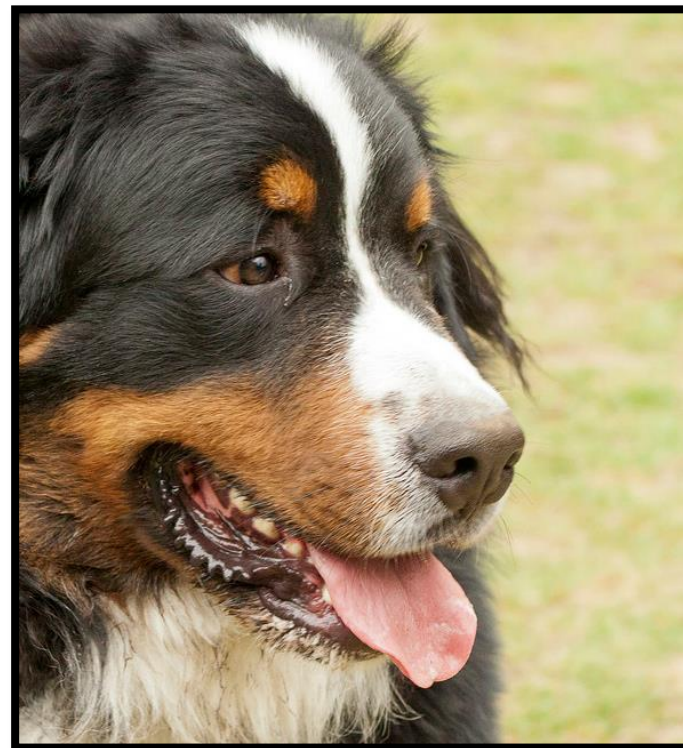
# Shoreline of Blue Zone



- Dog:
  - ▣ Looks at trigger while walking at it
  - ▣ Sniffs in a straight line at trigger
  - ▣ Accelerates movement toward trigger
- Handler: Slow Stop & Rebalance
- Dog:
  - ▣ Gathers info
  - ▣ Turns away within a few seconds (no prompt)
- Handler: follow (just not directly at the trigger)

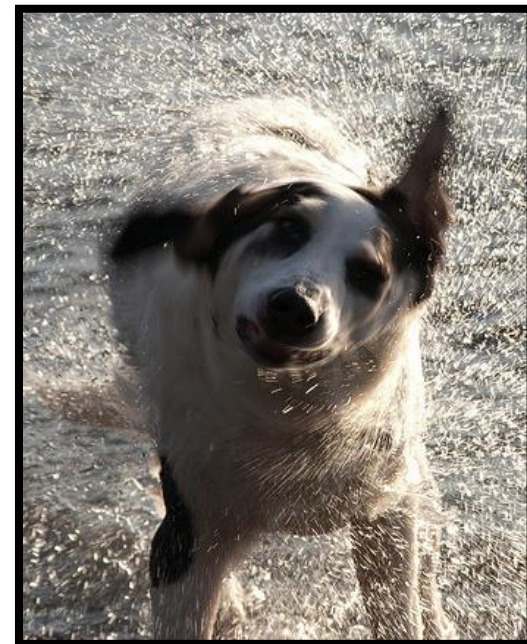
# Returning to Shore: Head & Face

- ✿ Blinking
- ✿ Looking away (eyes)
- ✿ Head turning away
- ✿ Forehead softening/unwrinkling
- ✿ Sniffing ground or self
- ✿ Sighing
- ✿ Mouth open
- ✿ Air Scenting
- ✿ Ears moving to neutral



# Returning to Shore: Body & Tail

- 🐾 Body turning away
- 🐾 Slow bowing/stretching
- 🐾 Shaking off (as if wet)
- 🐾 Joints becoming mobile, loose
- 🐾 Center of gravity neutral
- 🐾 Tail relaxing

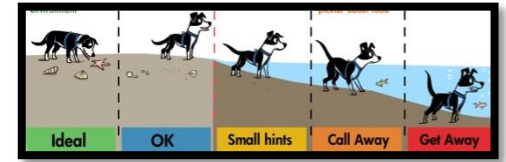


# Yellow, Orange, Red: Rescue!

- Try to stay out of the ‘water’!
- Use the right prompt, for example:
  - ▣ Sigh
  - ▣ Shift of body weight
  - ▣ Verbal ‘this way’
  - ▣ Recall cue
  - ▣ Click for small cut-off signals
  - ▣ Mime pulling
  - ▣ Actually pulling dog away

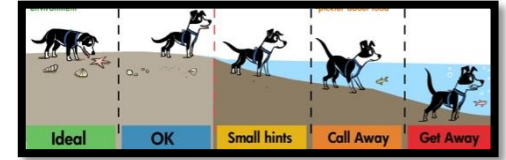


# Yellow: Elevated Risk



- Takes more than a few seconds to look away, tail slightly up/down from neutral
- Heart rate goes down as dog gathers info
  - ▣ Body language examples: Ears start to flick, tail relaxes, weight shifts back
- Handler:
  - ▣ Wait until the dog is done gathering info
  - ▣ Suggest moving away (weight shift and/or verbal)
  - ▣ Next time, slow stop sooner

# Orange: High Risk



- ☐ Dry panting
- ☐ Tail high or tucked
- ☐ Ears high or pinned back
- ☐ Avoidance (looks/sniffs anywhere but at trigger)
- ☐ Leaning forward or backward
- ☐ Mouth closing with head forward
- ☐ Food preference change
- ☐ Whining
- ☐ Fast/high wag



# Escalation





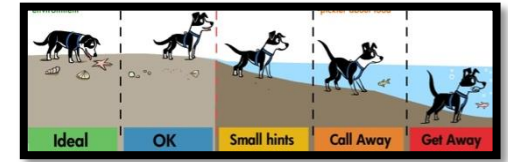
# Escalation





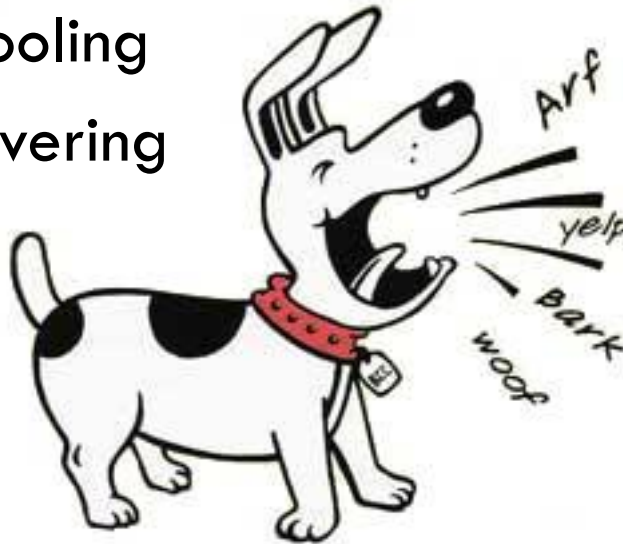


# Red: Severe Risk



## □ General stress signs

- ▣ Itchy skin
- ▣ Dandruff
- ▣ Food refusal
- ▣ Pacing
- ▣ Drooling
- ▣ Shivering



- Leaning forward / up on toes
- Crouched
- Barking / vocalization
- Lunging
- Showing teeth
- Biting

# BAT 2.0 Updates

- Better definition of threshold
  - ▣ BAT used to be Green through Yellow
  - ▣ Now try to stay in Green & Blue
- Trainer is not usually marking or reinforcing cut-off signals (can be used to prompt movement in yellow zone)
- Simpler instructions



# Simple BAT Instructions



- Let your dog explore
- Slow Stop when moving straight at trigger
- Call away if needed

# Section 6: Variations

1. BAT Preview

2. Human's  
Foundations

3. Dog's  
Foundations

4. Behind the  
Behavior

5. Body  
Language

**6. Variations &  
Other  
Applications**

7. Practice!

Bonus Material

# Tips for Walks

- ❑ One handler per dog
- ❑ Cross street or move to stay below threshold
- ❑ Walk with a friend
- ❑ Look for opportunities for “Ninja BAT”
- ❑ Walk in safe areas
- ❑ Do ‘wandering walks’ whenever possible
- ❑ Point out triggers (“dog” “person”)

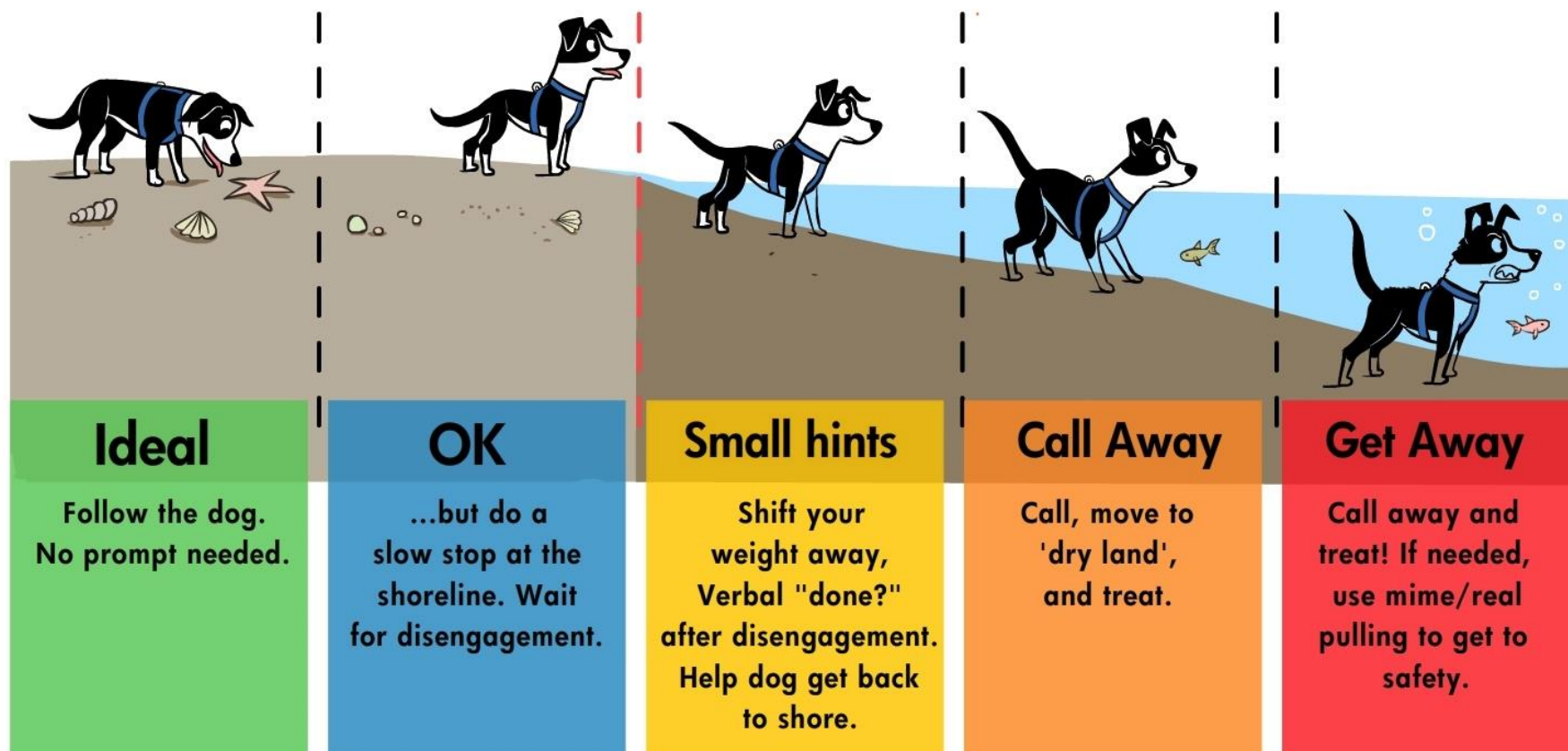


# How Directive Should You Be?

- **Be a safe, secure base for your dog**
- How do you know?
  - ▣ Amount of movement
  - ▣ Check-ins
- When your dog is stuck, provide structure. Ex:
  - ▣ Arc around the trigger to maintain distance
  - ▣ Follow the dog whenever he chooses the path
- Practice wandering walks / nose games
- As confidence with exploration grows, direct less

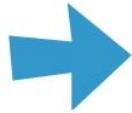


# The Scale is Simplified



# Survival Skills for Real Life or Smaller Spaces

**BEHAVIOR**



**MARK & MOVE**



**CONSEQUENCE**

*Mix and Match, using the least intrusive option that works:*

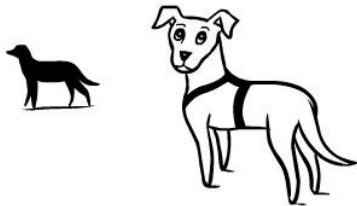
least  
distracting



If dog moves away  
from the trigger...



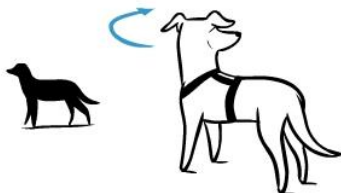
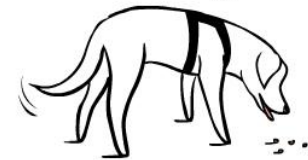
**Calm Praise**



If dog looks at you...



**Food on the ground**



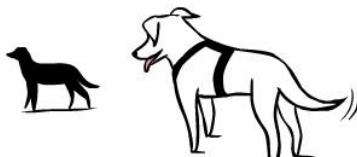
If dog looks away  
from the trigger...



**Food to the mouth**



TRIGGER INTENSITY



**Toys to find/play with**



# Example: Mark and Move

- **Behavior:** Looking at trigger
- **Mark with:** Yes
- **Consequence:** Move away and toss treats for dog to find

# Example: Mark and Move

- **Behavior:** Looking at trigger
- **Mark with:** Touch Cue
- **Consequence:** Yes for Touch, move away and toss treats

# Example: Mark and Move

- **Behavior:** Stopping
- **Mark with:** Let's go
- **Consequence:** Move away, then give cue for dog to do something fun

# Example: Mark and Move

- **Behavior:** Cut-off signal (blink, look away, shake off, body turn, etc.)
- **Mark with:** Click
- **Consequence:** move away & toss treats to catch

# Example: Mark and Move

- **Behavior:** Head turn
- **Mark with:** Done?
- **Consequence:** Run happily away

# Survival Skills for Real Life or Smaller Spaces

**BEHAVIOR**



**MARK & MOVE**



**CONSEQUENCE**

*Mix and Match, using the least intrusive option that works:*

least  
distracting

TRIGGER INTENSITY



If dog moves away  
from the trigger...



If dog looks at you...



If dog looks away  
from the trigger...



**Calm Praise**



**Food on the ground**



**Food to the mouth**



**Toys to find/play with**





# Survival Mode – Room to Move

- Mark & Move
- Cross the street
- Call your dog
- Emergency U-turn
- Find It as you walk away
- Hand Touch as you walk away



# Survival Mode – Trapped

- Breathe (exhale first)
- Barriers
  - ▣ You (cue for go behind?)
  - ▣ Cars, Trees, etc.
- Windshield washer game: Repeatedly click & treat for looking at or away from trigger
- Find It
- Targeting
  - ▣ Nose to hand
  - ▣ Hold chin in palm
  - ▣ Get your leash
- Silly Tricks
- Muzzle? Spray?

# Back to Set-Ups: Ways to Engage



Vary your 'rehearsals'!

- 🐾 Stationary(ish) Helper
- 🐾 Helper Approaching
- 🐾 Parallel Walking
- 🐾 Sudden Environmental Contrast
- 🐾 Parallel "Play"
- 🐾 Working Up Close





# Helper Approaching Student

## Benefits

-  Realistic scenario for potential trigger
-  More interesting & relieves stress for helper

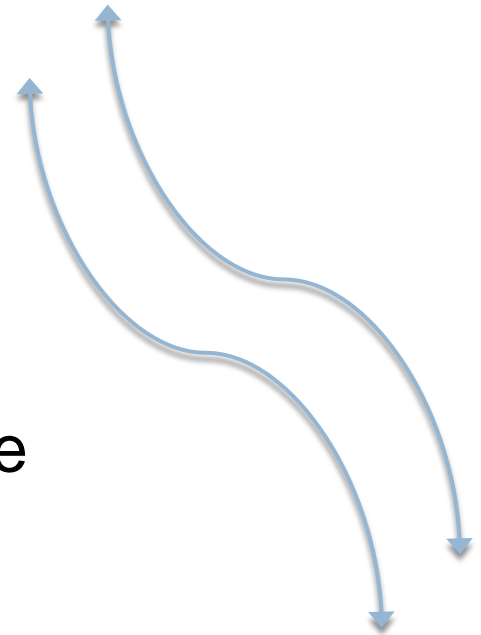
## Don't over-use

-  More stressful for the student dog
-  Necessary when you work with two dogs doing BAT

## Student dog may be stationary, but is allowed to move freely

# Following & Parallel Walking

- 🐾 Student following helper
- 🐾 Helper following student
- 🐾 Parallel
  - 🐾 Same direction, handlers in middle
  - 🐾 Same direction, dogs in middle
  - 🐾 Opposite direction, handlers in middle
  - 🐾 Opposite direction, dogs in middle
- 🐾 Short sniffs (safety!)
- 🐾 Different types of barriers



# Surprise!



- ❧ “Sudden Environmental Contrast”
- ❧ Appearance
  - ❧ Dog walks around corner, sees helper (BREATHE!)
  - ❧ Helper appears around corner
  - ❧ Vary speed
- ❧ Use distance to stay below threshold
- ❧ Use SEC to extend number of sessions with same helper

# Parallel “Play”

- Exploring the area
- Effect of distraction?
- Effect on mood
- Context



- Scent games (treats, odors, ball, keys, helper's item)
- Massage
- Mat work (theirs or helpers)
- TTouch® ground work
- Dog Sports
- Physical play
- Food Puzzle
- Clicker training

# Food and Toys

## Without food/toys

- More natural body language
- Engaged with Helper

## With food/toys

- More handler-focus
- Useful in small spaces and up close (at first)





# Working Up Close



- 'Tide' may come in at any moment
- Barriers / muzzles for safety
- Prompt at first
  - ▣ Recall cue
  - ▣ Mark & Move

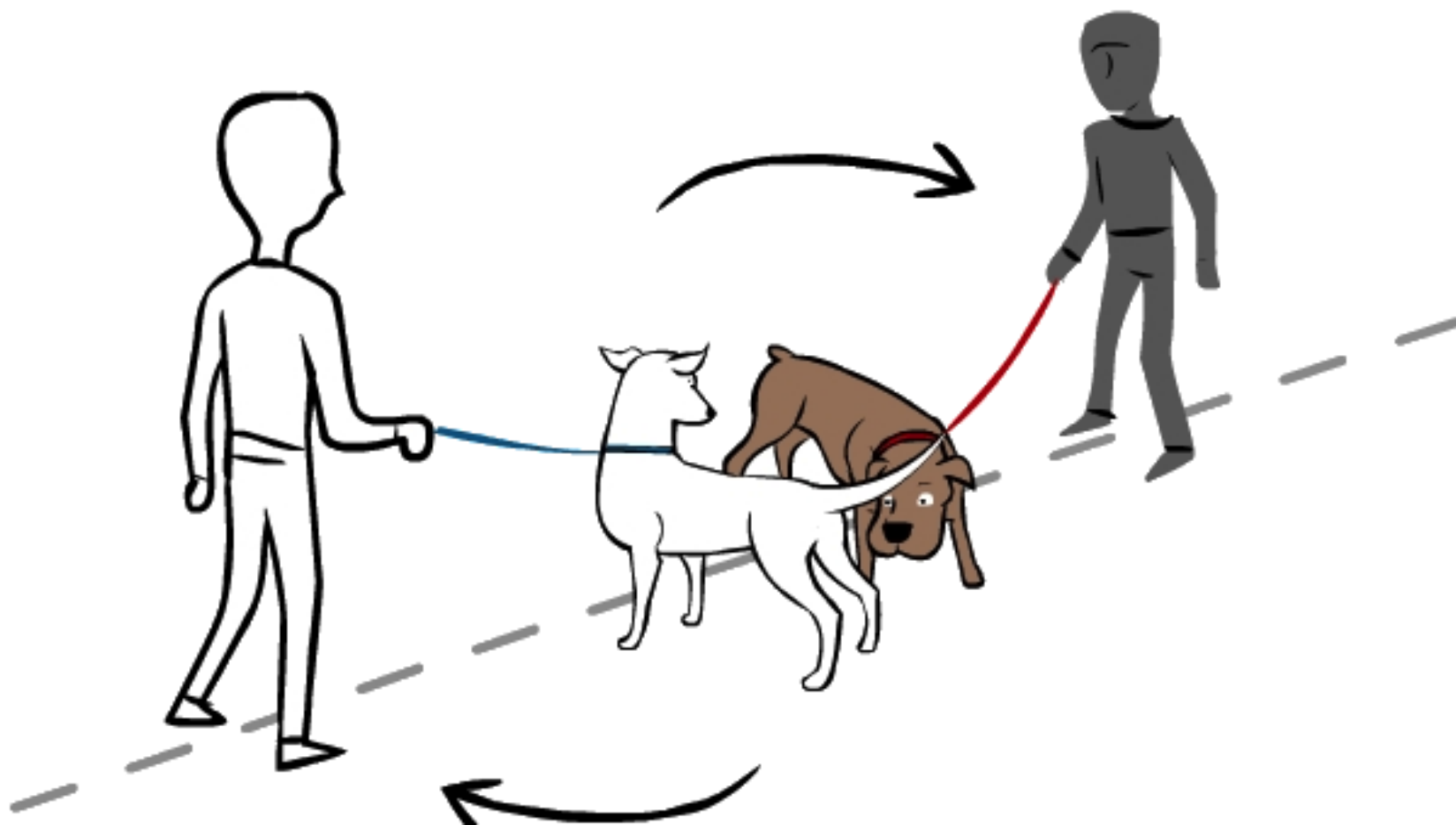
# Close-Up Work: Dog Helpers

- Duration, motion, excitement level, staring, from a distance first
- Double-check safety gear
- Student sniffing rear of helper is easiest
  - ▣ Student being sniffed is harder
  - ▣ Face to face is hardest, so feed helper or be ready to call during greetings



# Greetings: Watch the Leash!

151



# Close Up Work: Human Helpers

- ❧ Duration, **staring**, fake **petting**, and talking before working up close
- ❧ Check safety gear
- ❧ Short sniff, **Mark & Move or call away**
  - ❧ Human is calm but **not frozen**
  - ❧ Avoid staring at first
  - ❧ Move slowly when you start doing motion
  - ❧ If petting, pet the side that dog presents
  - ❧ Adjust the 5-second rule to shorter (1 second)



# This is MY House!

- 🐾 Who has 'possession' of the house?
- 🐾 Vary locations
- 🐾 Vary position of stranger – stationary/moving/approaching, etc.
- 🐾 Parallel play type activity
- 🐾 Inside – at signs that the dog needs space
  - 🐾 Recall
  - 🐾 Send to bed (pre-train with R+)
  - 🐾 Mark, move away, treat



# Fighting in the Home or New Dog

## Safety precautions

-  Supervise or separate
-  Fight break-up tools

## Arrange for Parallel play

## BAT set-ups with dogs. Various locations and combinations. Recall frequently

1. On leash
2. Off leash with barrier between
3. Off leash and muzzled
4. Continue to notice triggers and good choices

# Success!





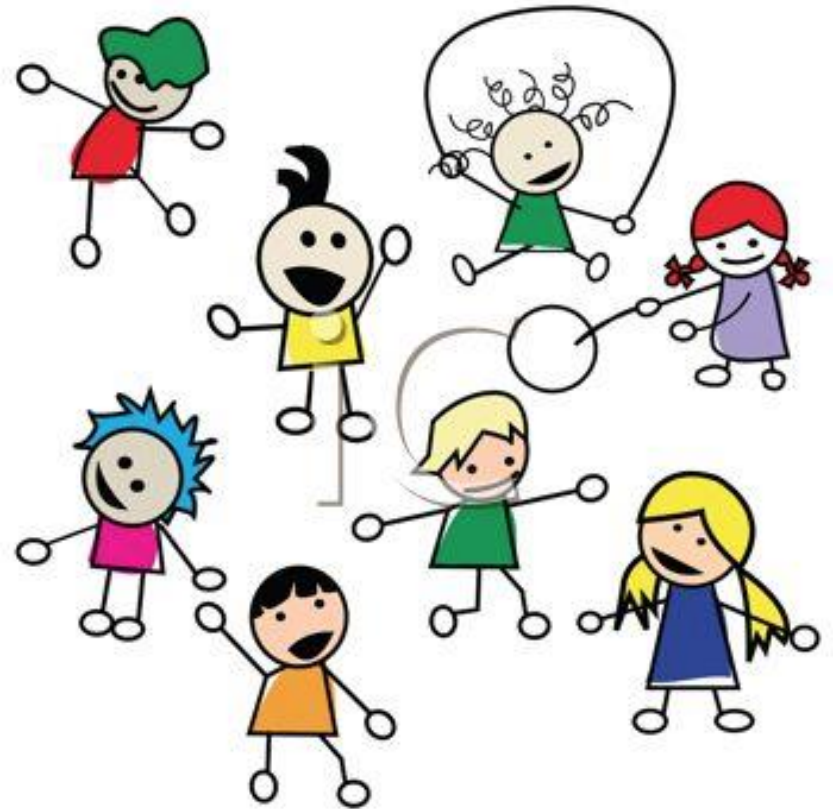
# Ahimsa's BAT Growly Dog Class

- 🐾 Only humans week 1 & 2
- 🐾 Weeks 3, 4, and 5 have pairs of dogs
- 🐾 Dogs serve as each other's decoys
- 🐾 Week 6 has all dogs, working in pairs, possibly swapping
- 🐾 Work outside
- 🐾 Only dog-reactive, not human-reactive



# Different Threshold Distances

- Parallel play with tasks that take different amounts of focus
- Exercise for one dog but not the other
- More prompting for dog who is more reactive



# Living with BAT in Mind

- 🐾 Balance controllability & safety
- 🐾 Don't micromanage dog's movements
- 🐾 Honor the dog's need for space
  - 🐾 From other dogs
  - 🐾 From people
  - 🐾 From random objects
- 🐾 Give dog time to gather information

# BAT for Puppies

- 🐕 When is the puppy done greeting?
- 🐕 Help puppy exit & allow for return
  - 🐕 Call away
  - 🐕 Block other dog
- 🐕 Way of life for caretakers
- 🐕 As much as you can, empower the puppy learn on her own



# Section 7: Practice!

1. BAT Preview

2. Human's  
Foundations

3. Dog's  
Foundations

4. Behind the  
Behavior

5. Body  
Language




6. Variations &  
Other  
Applications

**7. Practice!**



Bonus Material

# BAT with Each Other



## Dog:

-  Try to act like a real dog
-  Pick a stationary trigger (share with your partner)
-  Have something in mind to sniff

## Handler:

-  Follow dog's lead, guide when needed
-  Use leash skills, body language a dog could read

## Coach:

-  Ask handler what s/he most wants to practice
-  Give feedback on that

# Video Assessments

- 🐾 What is done right?
  - 🐾 Stress level
  - 🐾 Controllability
  - 🐾 Leash handling
  - 🐾 Etc.
- 🐾 What could be improved?
- 🐾 How?

# Conclusion!!

1. BAT Preview

2. Body  
Language

3. Dog's  
Foundations

4. Behind the  
Behavior

5. Fear &  
Aggression

6. Frustration

7. Variations

8. Practice!

Bonus Material

# BAT Instructor's Course

- 🐾 5-days, 12 participants, 12 auditors
- 🐾 Next North America sites: Seattle, New York
- 🐾 Next in Europe: UK, The Netherlands, Denmark, Spain (Spanish)
- 🐾 CBATI written exam
- 🐾 Practical Skill Assessment by video






# Support and Information

- 🐾 Try BAT with a friend – film it!
- 🐾 Visit EmpoweredAnimals.com
  - 🐾 DVDs (on BAT & also puppy socialization), BAT book, Ahimsa book
  - 🐾 Free videos & articles
  - 🐾 BAT discussion groups
- 🐾 ‘Like’ BAT:
  - [Facebook.com/EmpoweredAnimals](https://www.facebook.com/EmpoweredAnimals)

# Honor the Dog!



**Behavior Adjustment Training**



**NOTE:**  
“Bonus Material” will  
not be presented but is  
in their packets

# Bonus Material

1. BAT Preview

2. Human's  
Foundations

3. Dog's  
Foundations

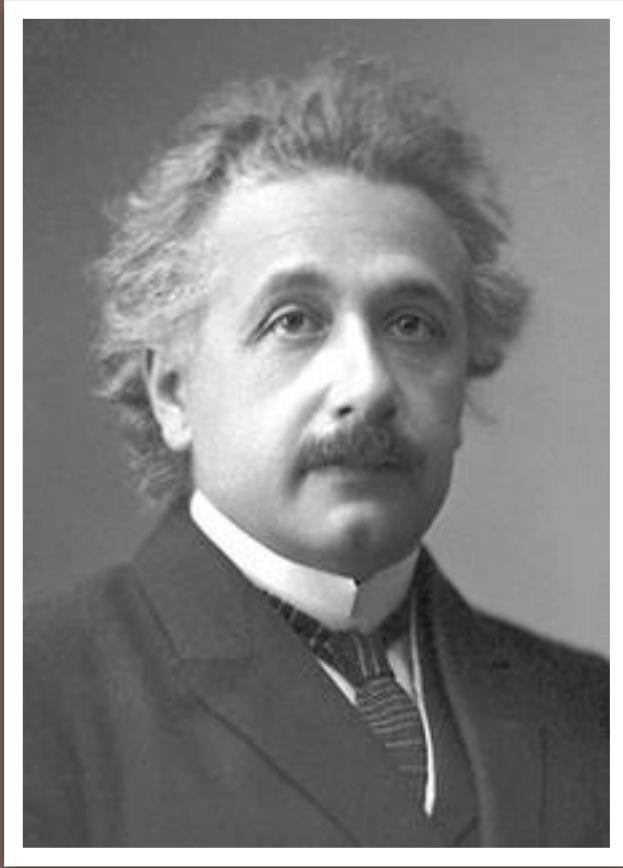
4. Behind the  
Behavior

5. BAT Set-Ups

6. Variations &  
Other  
Applications

7. Practice!

**Bonus Material**



“I NEVER TEACH MY  
PUPILS;  
I ONLY ATTEMPT TO  
PROVIDE THE  
CONDITIONS IN WHICH  
THEY CAN LEARN.”

-ALBERT EINSTEIN

# 5 Rules for Humane Use of Aversives

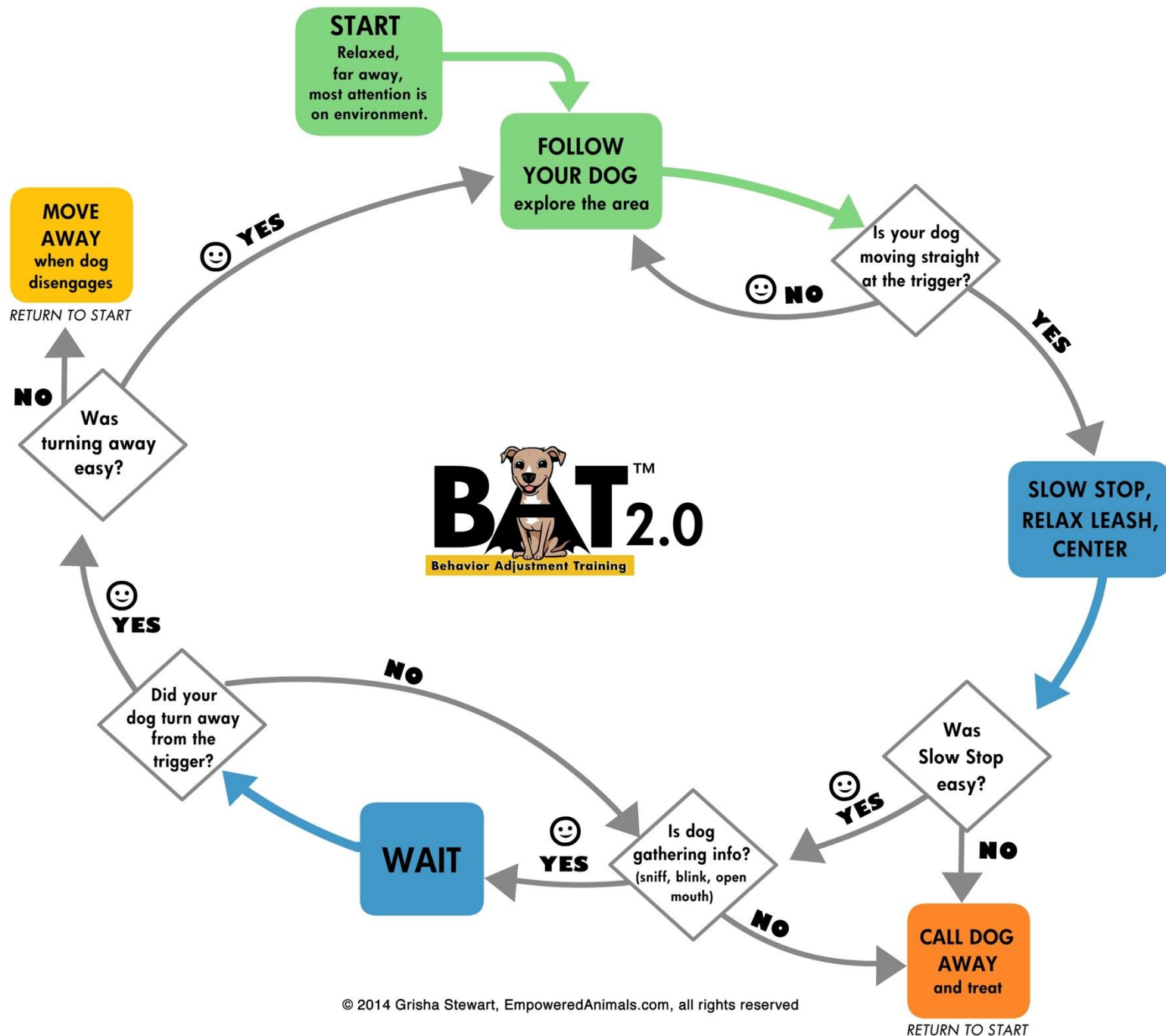
Answers listed are for BAT.

1. Will the aversive stimulus remain aversive after treatment? (NO)
2. Do any other effective treatments avoid the aversive altogether? (NO)
3. If no, is the level of exposure to the aversive at the lowest amount possible for efficient learning? (YES)

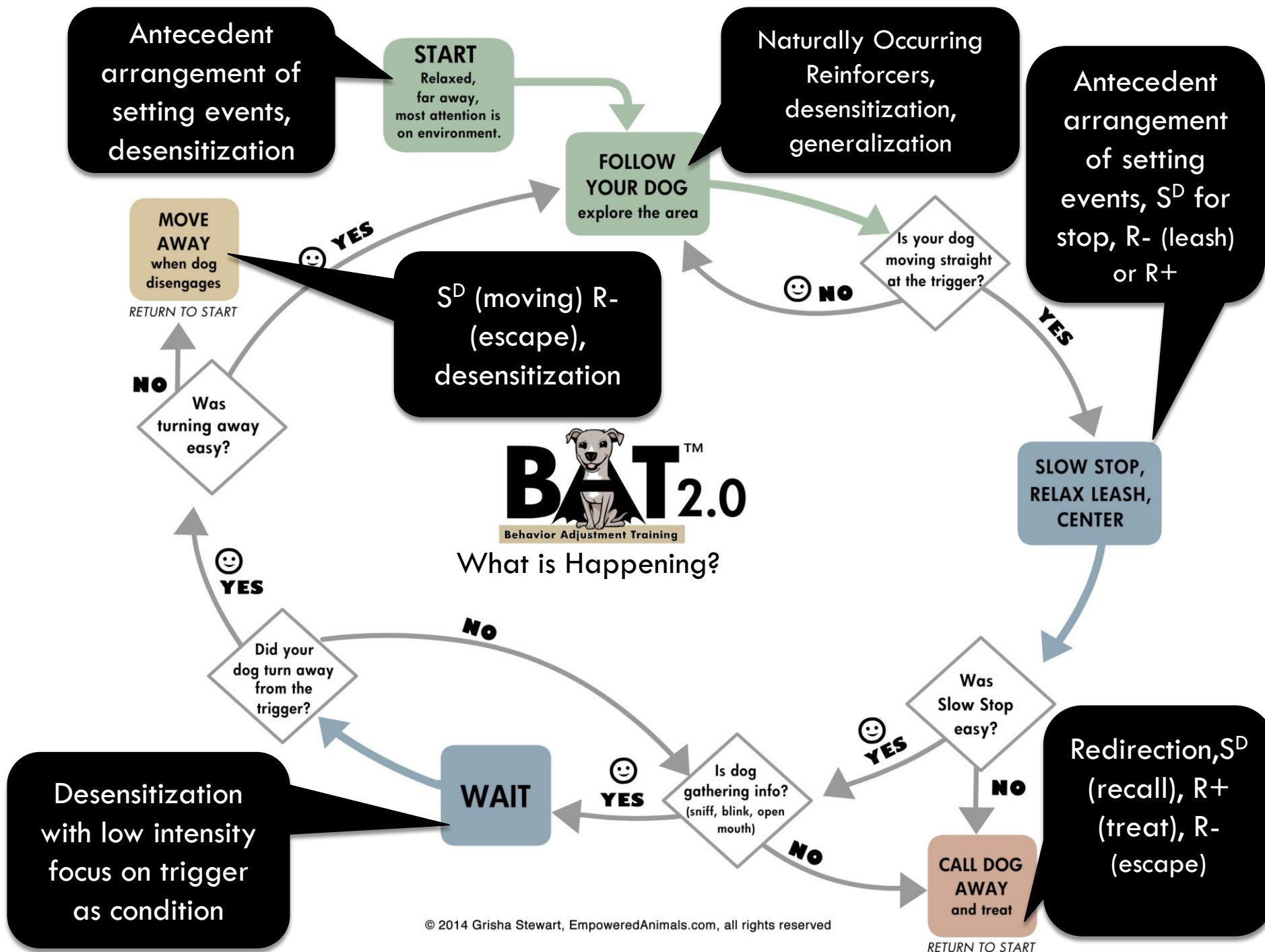
# 5 Rules for Humane Use of Aversives

4. Is exposure to the aversive active or passive? (ACTIVE)
5. Is the dog able to remove himself from the aversive at any time? (YES)

🐾 Source: *Behavior Adjustment Training: BAT for Fear, Frustration, and Aggression in Dogs* by Grisha Stewart







# What is BAT Now?

- Create safe situations
- Let the dog investigate
- Allow the dog to feel 'off leash' and control his exposure to the trigger
- Management tricks on walks, calling dog back if he's over threshold



# What is BAT Now?

- Antecedent Arrangements
- Desensitization
- Controllability of Stimulus (naturally occurring R+ and R-)
- Survival Mode: Redirection with R+ and movement away R-



## BAT

1. Set dog up to get info about trigger and stay below threshold
2. Empowering
3. Reinforced by environment
4. Behavior is naturally linked to consequences
5. Low stress & fun

## Punishment

1. Set dog up to go over threshold, then punish
2. Inhibiting
3. Continue to punish (spontaneous recovery)
4. Punishment not naturally linked
5. High stress

# BAT

# Punishment

- 6. Growling, etc. no longer necessary
- 7. Needs change via DS, remaining needs met w/coping behaviors
- 8. Models humane relationships
- 9. Awareness of stress

- 6. Growling, etc. unsafe to use
- 7. Needs not met, new behaviors arise
- 8. Models unsafe training for kids
- 9. No focus on stress level



## BAT

1. Understanding trigger – “this **is** a good or safe thing”
2. Controllability: Dog’s behavior changes level of exposure to trigger
3. Ideal for social issues with dogs and people, object fears (esp. when combined with targeting).

## Open Bar CC/DS

1. Good association with trigger “this causes good things”
2. No Controllability: Dog’s behavior is irrelevant to level of exposure trigger
3. Good for sound phobias, resource guarding, separation anxiety, object fears

## BAT

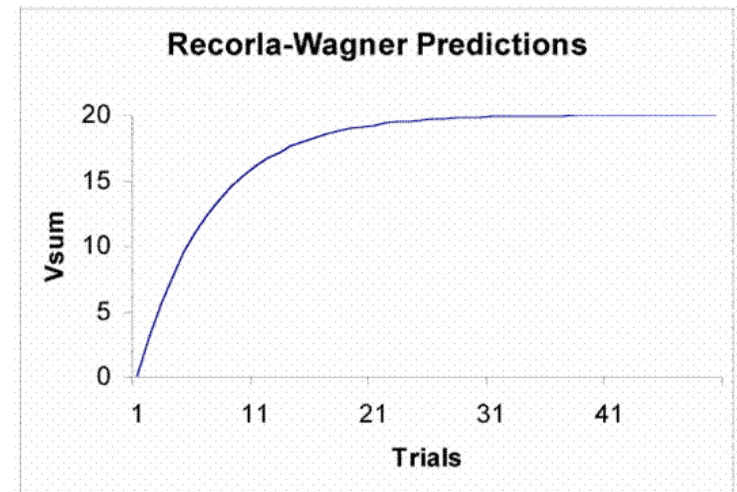
4. Promotes experience of trigger, leading to potential R+ for interaction
5. Dog often learns to interact

## Open Bar CC/DS

4. Association can fade
5. Interaction can happen

# Factors for Counterconditioning

- Contingency – US if and only if CS
- Contiguity
- Stimulus Features
  - Overshadowing
  - Nature of the CS
- Prior Exposure to CS or US
  - Latent inhibition
  - Blocking
  - Sensory preconditioning
- # of US-CS Pairings
- Age, stress level





# Stimuli Are Not Equipotential CS's

- Fears and phobias not evenly distributed across stimuli and experiences (Seligman, 1971)
- Certain fear are common in 'normal' children (Ollendick & King, 1991) across different countries (Burnham & Gullone, 1997; Gullone & King, 1992)
- Replicating 'Little Albert'
  - ▣ Successful for biologically significant CS (Valentine, 1946)
  - ▣ Not for bio insignificant CS (Bregman, 1932)
- People acquire fear more rapidly to 'fear-relevant' stimuli (Öhman & Mineka, 2001) also true for monkeys (Cook & Mineka, 1989)

# Revaluation: “It’s worse than I thought!”

- Tone → Shock pairing (CS → US)
- Shock (US) presented alone at higher level
- Tone (CS) is now even more aversive than right after conditioning
  
- Rescorla concluded that exposure to the greater intensity shocks had led to US-revaluation, that is, the US was re-valued by the organism

# Reacquisition of Fear

- Re-teaching that the US is scary:
  - ▣ Re-pairing of US → CS
  - ▣ Observational learning (watching another dog respond to US with fear)
  
- Learning is **slower** in contexts associated with extinction than novel contexts
  
- What does this mean for dog training?

# BAT

1. Focus is on environment and gathering info
2. Dogs can interact with trigger
3. Empowered desensitization
4. Rehab for reactivity including aggression, fear, and frustration

# Control Unleashed®

1. Triggers are cues for handler focus
2. Dogs train/compete near triggers
3. Broad program for calming the dog and teaching focus
4. Management, often rehab, and perfect to pair with BAT training

# BAT

1. Ideal for socialization with people and dogs
2. Better for complex interactions with the trigger
3. Active ingredient is realizing social interaction is fun or avoidable

# R+ with Controllability

1. Ideal for husbandry or items that are not inherently positive
2. Better for something being done TO the animal
3. Active ingredient is trainer's reinforcers

Examples – zoos training for blood draws, Chirag Patel's vet prep training

# When Do You Use What?

Problem	Tools
Fear of an object	BAT, R+ for targeting
Fear of a sound	R+ (sound cues behavior), open bar
Frustration, lack of self control	CU, BAT, impulse control training via R+

Note that we've excluded antecedent arrangements and a lot of relaxation tools, this is just mostly about the tools we've just compared, with some extra.

# When Do You Use What?

Problem	Tools
Fear of other dogs, people, other animals	BAT, CU, Treat & Retreat
Resource guarding (from people)	R+ (approach cues behavior), open bar
Resource guarding (dogs)	BAT, R+ (DRI)

# When Do You Use What?

Problem	Tools
Other aggression	BAT, CU
Body sensitivity/grooming	R+ (behavior signals that dog is ready, encouraging controllability in other ways), TTouch



# Just a Thought: Reconsolidation

Something to experiment with in your training

- An event recalls the fear memory
- 10 minutes – 6 hours, the memory is labile
- Later, especially during sleep, the memory is reconsolidated
- During reconsolidation, extinction destabilizes and overwrites (ERASES) the original memory
- This is huge because extinction normally forms a new memory
- Administration of glucocorticoids helps extinction

# Resources

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