



BEHAVIOR MODIFICATION AND COGNITIVE THERAPY

Aggression:
Reactivity
Predatory
Bullying
Fear/Stress
Territorial
Dog to Dog
Leash Reactive
PTSD/Trauma
Ce

Training vs Behavior Modification

by Suzanne Wiebe CEG, ACDBC

Dog aggression can begin at any time in a dog's life. One of the most heartbreaking things I see on a regular basis is a person trying to cope with changes in a much-loved family pet.

The first solution seems to be training the dog. After all, most people are taught that training a dog is the solution to everything.

Dog Training

Unfortunately, teaching a dog to 'look' or 'redirect' will not stop fear, predator drift, leash reactivity, or a medical problem.

Not every trainer can help with aggression cases. It doesn't matter how many letters are after your name, how many years you've been a dog trainer, or whether you are an educate and qualified canine behaviorist. In truth, the dog really doesn't care how many letters are behind your name.

Trainers have 1 – 3 methods that they try to make work for every dog. They do not deal with the symptoms, or try to correct the problem. If the dog does not fit their method then they give-up.

The main problem is that that trainers often use treats to mask problems, or punishment to hide it. Both of these are 'short term' solutions

Behavior Modification

They will determine the cause, choose the therapy that will improve your dog's behaviors and reactions, then teach it appropriate behaviors, and build coping skills. This process deals with the causes, symptoms, and teaches owners how to manage the environment, help their dog, and understand why the dog is suffering.

- Relaxation Therapy and Calming Protocols
- Environmental Control and Stress Reduction
- Cognitive Behavioral Therapy
- Balancing Chemicals
- Impulse/Predatory Control
- Health/Diet/Exercise/Medication Treatments

Change the Emotions – Change the Reaction

There are no quick fixes, or cures. True behavior changes will take time.



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Private Behavioral Sessions
Online Consults
Continuing Support
Behavior Assessments



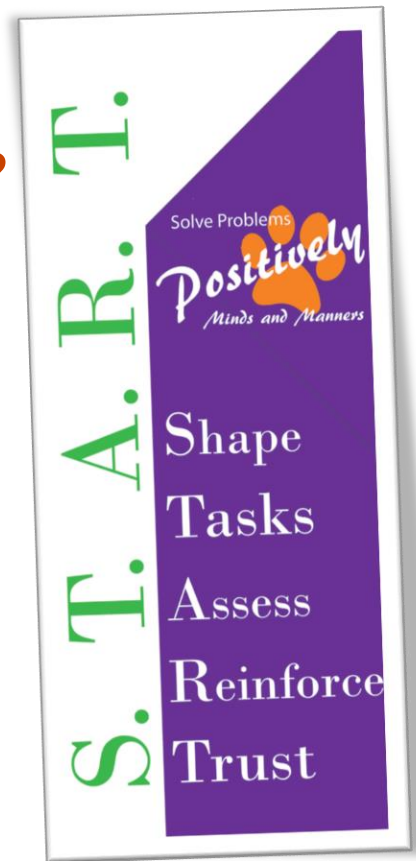
A behaviorist may use unconventional methods, but they are not 'making it up' as they go. They use proven therapies and treatments, based on science. Don't be afraid to interview a behaviorist. Ask about their 'current' education and upgrading skills.

Do You Need a Canine Behaviorist?

- My dog has already bitten
- I am afraid of my dog
- I am afraid my dog will bite
- I cannot control my dog
- I've tried everything. Nothing works
- My dog will not stop when I talk to it, or pull on the leash.
- My dog can/will pull me down the street if it starts to chase something.
- When my dog is 'acting out' or 'engaged' then it doesn't listen to me

PROCESS

Sessions are 8 weeks long. Typically it takes 2 – 4 sessions to resolve a dog's problems. Some dogs then move on to 'supportive' treatment where the new skills are tried and tested in a safe environment. This can take up to a year.



Risk (Behavioral) Assessment



Would you like to understand your dog's behavior and the potential risk?

If your dog has intent to harm, then your dog is aggressive. If your dog has a bite history then you can measure your dog's aggression by the bites.

If your dog has multiple punctures, tears, shakes, or goes for the face then we consider that an aggressive dog.

If your dog makes lots of threats (drama) and may only have 1 bite then it is reactive – or a bully. A lot of dogs learn that they can 'run the house' and boss around their family.

Knowing what your dog's problem is can alter the choices you need to make.

What Do You Want?

- We all want a quick solution.
- We all want someone else to fix our problem.
- We all want to feel safe.
- But not all dogs are able to heal. Even when they learn to trust their owner.

There are definite behavioral assessment tools that can help you identify whether your dog has a temperament, behavior, or development problem.

An assessment will help explain what your dog suffers from. It will also give you a general understanding of the amount of work needed to resolve your dog's problem.

An assessment can take 3 hours to complete. The entire assessment is videotaped. After the assessment it may take up to 2 weeks to write a thorough case study in a format that is easy to understand.

Not all Aggression is Temperament, or includes 'intent to harm'. There are many reasons why a dog may act inappropriately. Understanding why is the First Step to understanding and identifying the solution.

