



Syn Alia Training Systems Presents:

# SATS SCAN

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*SATS NEWS*

March 2007

Volume 1, Issue 1

## Newsletter

Welcome to the first issue of SATS SCAN. SATS SCAN is a newsletter for those interested in expanding their knowledge of Syn Alia Training Systems. For information on how you can receive future issues of SATS Scan go to [SynAlia.com](http://SynAlia.com).

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## SATS and Rabbits

By: Bernice Muntz, Netherlands, EU



(Bernice's Rabbit, Diesel)

About 3 weeks ago, I sent an article to a Dutch national paper about a rabbit course. I sent it on Saturday, and got a phone call on Monday from the paper asking if it would be okay have an interview in about an hour.

From that article on, things turned quite wild. Many national radio programs, televisions programs, magazines, internet stations, and even the theatre were interested.

The purpose of the rabbit course is to help people understand that rabbits are smarter than most people believe.

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## SATS and Rabbits cont.

One of the things which really stunned me was the following example:

My rabbit was a little SATS trained and knows the cue, "into your cage." So one day I give this cue and instead of "in the cage", he jumped "on the cage." So I said, ok, that is "on the cage" can you get in. And he did. Then I asked him afterward, can you get from into the cage to on the cage and he also did. These kinds of things really surprised me.

After this happened I started to do some more things. Really Simple things like "on the couch", "on the chair", taking him on the lead outside, being easy on cue, lying down on cue, cutting his nails and "be easy" and not have to hold him. Just basic things to which he responded real well. In the Netherlands it is not done, although I know in the States it is more common. So then an idea was born to start a course.

Subjects in the course are: litter training (using a litter box), biting on cables what to do about it, how and what to play with your rabbit, naming cues as in and out the cage, teaching them to be able to being cared for (nail clipping etc), If necessary lifting them or what are the alternatives, walking on a lead, and do some tricks. Diesel my rabbit does the weave for example (like doggy dance).

The workshop is only two hrs but gives information on the above subject. A follow up course can be booked and still has to be developed but will go deeper into the subjects. I'd also like to put together an Agility group for rabbits. Since mine loves to take hurdles. But the main thing is to get the rabbit out of their cages and have more freedom if possible (depending on the individual needs) and not just feed them twice a day in their cage.

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## KAYCE'S CHRONICLES

Get out your glasses, because I'm going to try to fit the last two months in this space!

Busy, busy winter! First, trainers Bernice Muntz, and Mark McCabe, came in January, & worked on Perception Modification and Tools for Trainers. We ended with a seminar for Show Dogs, with the Hampton Roads Owner Handler Association. The seminar was full to the brim, and Bernice and Mark really made every minute count while assisting others.

Next stop: Louisiana, where I spoke to the LA Therapeutic Riding Assoc.'s annual conference, organized by the inimitable state chair, Ms. Anita Hartzell, known for her philanthropy and flamingo collection. Lawman Steve Hefler guards Anita and the Flamingos, and I stayed with them. At the conference, I introduced SATS to some great people, we practiced using fire extinguishers (note to self – no smoking in the barn), and got a great horse health update from Dr. Denny French. By the way, Anita has a fundraiser going on for the GNOTRC, right now, and it involves gambling. For details email: [horseyhartzell@hotmail.com](mailto:horseyhartzell@hotmail.com). Better yet, send \$\$\$.

They can use it. Then a day with students at LSU, then New Orleans Audubon Zoo, just to visit this time.

Then straight to Texas. Whew! SATS Cert. Series 3-4 was the 1<sup>st</sup> seminar, SATS & the Family Dog was the 2<sup>nd</sup>, Certification Camp, and Julie Kinsey's training classes in between. I stayed with Cindy Hyde and then with Ethelene Bucy, and had a great time. Cindy is a dog person, with 3 family dogs, Ethelene is what we call an animal person, with parrots, dogs, cats and visitors of all sorts.

NEXT: Crufts, UK and NL

## **SATS and Rabbits cont.**

Last week the first workshop is a fact. Things went well. The rabbits were not too stressed. But the thing that happened is that most people do not give food out of their hand, so that was difficult to start with on the course. And also important that on my website is written that only well socialized rabbits are welcome to come and not the stressed ones. If people have a rabbit with problems being handled, they have to leave him home and just watch.

All the people who attended gave in a nice review about the course. So in that point the workshop was ok, but the next group has to start to hand feed the rabbit first before they can come. The people work in Puppy play pens of 1 meter 20/ I think 4 inches high a security rule.

Last week I had to train a rabbit of 2 yrs to do the high five in 6 days. And happily the animal liked to do it : )

Yesterday I was with Diesel my rabbit on stage in the : "Not the Dr. Phil show". He had to jump some hurdles on stage. He really liked being there, exploring a new area and getting so much attention. Now that I now I will start to train him a little like a show rabbit, which was not the intention but it is a lot of fun.

One thing I have not explained well about the "why." Besides that Diesel is smart if I did not train him, he would have less freedom and would tear up my whole house. (KC note: GO BERNICE!!!! )

Kayce's Chronicles Continued...

## **Houston, Texas Bridge & Target Seminar**

By: Cindy Hyde, Houston, TX

We had 7 people attend the Feb. 3/4 seminar. Of those 7, 5 were second timers. Salima Brown from Austin and Leslie Manning from Houston were both introduced to SATS at this seminar.

Leslie has silky terriers, is a member of another local dog club, W.H.O. (West Houston Obedience Club), and trains her dogs in conformation, agility and obedience. Salima Brown has two outstanding black labs. She does field work with her labs and really worked hard with her dogs to lay a good foundation for future SATS work.

Kathleen Milford is a H.O.T. Dog Club member and this was her second SATS seminar. She and her young Corgi Vivi have a long career ahead in obedience, tracking and possibly agility.

Vivi is also being shown in conformation. Kathleen also worked with Austin, her reactive Corgi. The perception modification was especially helpful to him.

Karen Cade was there originally to assist me, but was also able to participate. It was her third SATS seminar. She has one standard poodle and one mini poodle. Her standard poodle had a breakthrough after the last seminar and Karen worked with her using SATS so she is now able to trim her nails and groom Callie.

Kathy Daniel is also a Corgi owner. She has been working with her Corgi on the rudiments of the SATS system and wanted to continue to learn and use SATS more and with more confidence. This was her second SATS seminar.

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## **Houston Texas**

### **Bridge and Target Seminar cont.**

Julie Kinsey was in attendance. It was her third seminar also. She has been instrumental in introducing SATS to the AmStaff/pit bull community in Houston, as well as other "problem" dogs. She is well known in the Houston obedience community. I also attended, and it was my 4th seminar.

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### **Houston Texas - Certification Camp and SATS and the Family Dog Seminar**

By: Cheri Voellmann, Austin, Texas

Yee Haa! Kayce rode into Houston, Texas this February on a commercial airliner to hold two seminars and a certification camp at the Houston Obedience Training Dog Club (H.O.T. Dog club). These seminars were organized by Cindy Hyde who was accompanied by her dashing and very talented poodle, Calvin.

In between the two seminars was Certification Camp. There were four eager and lively attendees at the start of Certification Camp and four inspired but exhausted, newly Certified SATS trainers at the end of Certification Camp. Camp attendees got by on wonderful company, newly formed bonds and chocolate. Newly certified are: Ken Baechtold of Kansas City, Kansas; Karen Cade, and Julie Kinsey of Houston, Texas, and Cheri Voellmann of Austin Texas

On Kayce's final weekend in Houston, she presented the seminar "SATS and the Family Dog" This seminar was inspired by the need for multi-specied households to be able to live harmoniously on a day to day basis. Dogs and families were taught how to use SATS to aid them in greeting people, walking nicely on a leash, grooming. etc. About 17 people and their canine companions attended this seminar to learn skills that will enhance their family connection from that day forward.

## *RESEARCH NOTES*

### **SATS and the Effects of Stress on Health and Cognitive Abilities**

By: Cheri Voellmann, SATS Certified Trainer, Austin, Texas

We all know that heart pounding, ringing in the ears, mind spinning feeling when we experience a fright. According to the Mayo Clinic's article "Stress: Unhealthy response to the pressures of life," these symptoms are caused by a release of stress hormones, mostly adrenaline and cortisol, that get us ready to defend ourselves in the presence of a danger.

However, often stress in our lives are not accompanied by a real danger, but instead are long lasting stressors that keep these hormones flowing. According to the Mayo Clinic's article, the effects of long term exposure to these hormones cause digestive trouble, a weakening of our immune system, depression, likely effects on memory and brain function, heart trouble and skin conditions.

Our animals suffer the same types of effects of long term exposure to stress hormones. In a study by the American Psychological Association, mice given stress hormones for two weeks started taking longer to come out of a dark compartment into a lit area. They became more fearful and less willing to explore. They also had very minimal reactions to startle stimuli suggesting their nervous systems were over loaded.

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## **SATS and the Effects of Stress on Health and Cognitive Abilities cont.**

Some of our animals have a very zen way of life, taking everything in stride and living in the minute. Most of our animals, however, have things in their lives that cause them stress. Maybe it's that trip to the vet, or having their nails clipped. Other animals are consumed by their stress, fearful of anything new and very unsure of their world and those they share it with.

As it's not an option for our animals to make themselves an appointment with a psychotherapist or head down to the local book store for a self-help book, we as their care givers can help them overcome their stress for their health and their brain function, therefore, improving their overall quality of life.

From a training standpoint, anything that interferes in memory or brain function, as well as poor health, is an obstacle for a trainer. SATS provides many elements that help ease stress for an animal that can increase training speed and improves the relationship between trainer and animal.

Examples of elements of SATS that help animals with stress are: Bridges and Targets, Naming, Conditions Relaxation and Perception Modification. So whether using SATS for competition or career trained animals or for your family pet, SATS can help counteract the effects of stress on animals and in turn releasing some stress on their owners as well.

## *TRAINING TIPS*

This issue, SATS practitioners, share examples and tips associated with SATS and stress release.

### **George Baily Overcomes a Trauma; and Speed Grooming**

By: Julie Kinsey, SATS Certified Trainer, Houston, Texas

As a puppy, George Bailey (American Staffordshire Terrier) experienced a trauma from his first time mother, which caused him to be nervous about being touched in the rear. No amount of food, discipline, or love could convince him to allow handling.

He started learning bridge and target methods as a young adolescent; learning to target with and identify various body parts. We worked on conditioned

relaxation until he was able to relax all parts of his body, lay on either side, and finally on his back.

The crowning glory and greatest achievement for George was learning to target with his tail and testicles, both of which he will put in hand or any target as asked. With experience, he even began to take pride in this and to display a sense of humor during public demonstrations. As a side note, I was able to further define to him that a heeling sit or a sit stay included keeping them on the floor

(Note from Kayce: And I have the video to prove it. Out of context it looks strange, but these are important ideas and skills for animals, since strange or not, humans will be handling them "there".)

## **George Baily Overcomes a Trauma; and Speed Grooming cont.**

At our last national breed show, an owner brought his pet to be shown in conformation. The dog was not properly groomed and we had very little time in which to grind nails, scale teeth, trim tail, and take off whiskers. After having taught him the bridges, we were then able to give him a crash course on body parts, naming of scissors, tooth scaler, and Dremel. With his permission, he was able to be prepared for presentation in the limited time allowed us.

(Note from Kayce: A little information up front, respect and permission goes a long way.)

## **Albuquerque Seminar (Nov 2006) – Success Story**

By Jodi Rouillard, Memphis, Tennessee  
**Seminar, Memphis: October 13/14, 2007**

The seminar was AWESOME -- I highly recommend that everyone on the list attend at least one so you can see SATS in action. The Perception Mod work we did was life-changing for both Cooper, my reactive golden retriever, and me.

One of Cooper's issues is with riding in vehicles, and we drove from Memphis to Albuquerque so there was a 17 hour ride back to Memphis on Wednesday and Thursday. At first Cooper was doing his typical standing up and panting thing where he \*might\* lay down for 30-60 seconds before standing back up again.

I know how stressful this is for him so I had a novel idea about 2 hours outside of Albuquerque: why not relocate him to the front seat with me and do CR one handed?!! OMG, it worked!!! Initially he was anxious and was standing up in the seat, and I did some small cycles in the parking lot of a restaurant (I got some very strange looks!).

I named "drive" and named things all the way to Oklahoma City when we stayed overnight. One of the side benefits was that it kept me awake!

He did absolutely great and laid down for about 90% of the ride in the front seat with me (passenger air bag was turned off).

This was HUGE for Cooper. Generally he stands up about 95% of the time when he's in a vehicle, so it was a big improvement.

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Note from Kayce:

Conditioned Relaxation can be done by just massaging the animal, when there is no stress, naming the relaxed state "easy" as you massage him. You work a little further until he will relax for you when you say "easy" as a command. Then when you take the dog into new situations, you can remind him to be "easy". Similarly, it can work for the dog in old problems as well, as it does here for Cooper. It's also very helpful to name "alert". By asking the dog to switch between "easy" and "alert" you know for sure that he consciously understands how to relax himself. This is an important life skill!