

Syn Alia Training Systems Presents:

SATS SCAN

May 2007

Volume 1, Issue 2

SATS NEWS



Website videos

See SATS in action! This month some videos have been added to the website so you can see Erica Bokelmann's video of her dog using verbal clues to understand the concept of "street" versus "sidewalk; and Julie Kinsey's videos demonstrating the concept of "left" and "right" and the teaching the proper tail height for show dogs. Videos can be seen at SynAlia.com.

UPCOMING EVENTS

Date: July 14/15

\$75 deposit reserves spot - register now to get in!

Type of Event: Seminar, SATS and the Career Dog - Skills for the Working Dog! (conformation, obedience, agility and more)

Location: Syracuse, NY

Details: Susan Beals bealsie2@gmail.com

Date: July 21/22

Type of Event: Seminar, Certification Series 1/2 (horses AND dogs) **\$75 deposit reserves spot - register now to get in!**

Location: Royal Oaks, CA (Salinas/Monterey area)

Details: Andrea McCann Bacigal bacigalchick@yahoo.com

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WEBSITE:

Don't forget to check into the website regularly for the latest in SATS news.

SynAlia.com

Wood Green Animal Shelters Roundup

By: Sue Ketland, SATS Certified Trainer and newly promoted to Head of Training and Development at Wood Green Animal Shelter (Congratulations!!!)

I thought you might be interested in some of the cases we are working on at our shelter.

Working with rescue animals (especially dogs) can be very difficult in a shelter environment. The number of stressors and distractions is immense.

In spite of these factors we have had numerous success stories – most of which I believe you have heard about via Kayce.

I am currently working on 2 specific cases:

Wolfie – 7 mth old male GSD

Wolfie is a lovely young boy with heaps of potential, he was handed in for rehoming because he can't cope when being left home alone.

As you can imagine, being left all alone in a kennel is not conducive to his emotional state or his association with being left in a house. With the right advice and homing strategy this issue will be overcome very quickly once he is placed. In the meantime he is panicking when a member of staff tries to leave his kennel.

He jumps at the person barking and nipping. As you can imagine, being left all alone in a kennel is not conducive to his emotional state or his association with being left in a house.

With the right advice and homing strategy this issue will be overcome very quickly once he is placed. In the meantime he is panicking when a member of staff tries to leave his kennel. He jumps at the person barking and nipping.

There are numerous inexperienced staff that don't want to go in with him (quite understandably). At all other times he is the most soft and cuddly young man you could ever wish to meet.

I started by conditioning the IB and TB. I named his bed and worked on being able to send him to his bed from where ever I was in the kennel. CR would have been an obvious choice to have added but the distractions are too intense for this to have been a quick option.

I then introduced a SNR for the inappropriate behaviour. In one training session of approx 7 minutes both myself and his carer could leave the kennel without a problem.

Wood Green Animal Shelters Roundup continued...

The conversation with Wolfie went something like this - "OK Wolfie, I'm leaving now, can you go to your bed? That's a good boy, now I'm leaving, stay in your bed, xxxxxxx (leave the kennel) X, good boy (throw him a treat). Wolfie is now available for rehoming.

Gordon - 2.5 yr old GSDxGt Dane

Gordon is a total wreck, what more can I say. He is totally n-socialized and scared of his own shadow, even his own body parts at times!

I am working with a member of staff that has him on home foster. Some of his behaviour is improving but the really scary issue that he has

is his reaction to his own reflection. This dog would go through a glass door in order to attack his reflection. His home carer has had to turn all her mirrors around, keep the curtains closed and cover her TV with a towel if it isn't on. The interesting thing about Gordon is that he doesn't seem to learn that it is HIS reflection. He also doesn't seem to learn that that the dog he can see isn't real. He will go mad each and every time he sees his reflection even if it is in the same piece of glass.

I was asked to help yesterday so the plan that I have in place is as follows:

Condition the IB and TB.

CR by the bucket load!

Introduce cycles / naming 'reflection'

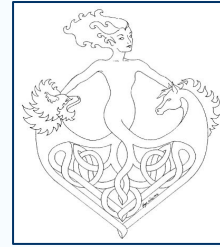
Gordon seems to have a problem with generalization so that stage of the training should be interesting!

He is a HUGE project and one that is going to be very emotional to work with, he is terrified of everything but his reflection is the only thing that he aggresses towards.

All we can do is try.

More next time.

Sue



KAYCE'S CHRONICLES

Crufts, UK and NL, oh my!!

This trip I flew into the Netherlands, because I was going to end up back there anyway. I had to change airlines then, to get to the UK for the first part of my trip. This is often a challenge, and theoretically, the groundwork had been laid for me to be allowed international luggage limits on the flight to the UK. Now that the UK and the NL are both part of the European Union, this is considered a domestic flight, even though you cross water and go into a different country.

Anyway, no such luck. I had to pay an additional 108 Euros to take my luggage into the UK. Note to self: the plane fare difference has to be more than \$130 to justify changing airlines. However, sometimes it is a matter that you cannot get both parts of the flight on one airline, no matter what you do. Add to that, the weather was rainy and windy and the plane was VERY small – a prop plane! Okay, it was KLM, which is a very fine airlines, so if they have a prop plane, it is probably a very good prop plane. I hope.

Short flight – less than an hour. Couldn't see much out the window, due to the weather, and there was a lot of turbulence. However I could see the landing gear come down because my seat was right beside the wing and it was that kind of plane. I remember marveling at how smoothly that gear clicked into place.

The plane fished around like a kite during the landing, but the attendants looked quite nonchalant about it all – that is, until we were about 100 feet from the ground, and the plane was dishing from side to side, and suddenly, the landing gear was pulled up with a screech...

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Kayce's Chronicles continued.

... and the plane engines were pushed till they groaned, and the plane bounced and ricocheted around like a drop of water on a hot skillet. No one said a word. Me, I was busy talking to the air molecules and asking them real nice-like to hold our plane up in the air, no matter how deserving or undeserving we were of any such kindness....

The pilot came on and said, very matter of factly, that the winds were so fierce coming across the runway, that they exceeded the mechanical tolerances of the plane, which was in danger of being destroyed, and as we could see out the window, we could not see a thing, except for giant, driving rain, which hit the windows in all directions, and so we could not land now.

In fact, they did not know when we could land, or where, but they hoped that we had fuel enough to land whenever there was an opening. Well, I could get behind that hope... So we would just have to circle the airport until otherwise directed. Fortunately, they made a BIG circle, instead of a bunch of those little nerve-wracking ones. In about 30 minutes we had clearance to land and it was a smooth descent this time. Whew! When we pulled up to the gate, a lone voice said "That was fun. Let's do that AGAIN!" and with one voice, everyone else just groaned.

I hit the ground running, so to speak, as there was a seminar to prepare for right away. Mike and Mary both attended, along with some new folk, and we had a great time. It was essentially an open lesson and that made it really interesting for me. Then one day to rest, more preparation and Crufts!

This time Alan Durant had booked us into a really nice hotel with very good food that enticed one to sample British dainties that one ought not to even look at. However, we all tried the deserts, or as they are called there, the puddings. Very nice, all around, thank you Alan.

The set up was that Wood Green had a stand where people could get information, make donations, purchase merchandise, or talk to us about dogs, training, behavior, etc. Sue and I set up with videos, hand outs (including our terminology booklet, edited by Barb Ferrell, and our newsletter, edited by Cheri Voellmann).

At Crufts, I got to see many friends, talk to many new people, interested in SATS, see some events, and talk to other professionals in various fields. Time well spent with many dividends. One of the most fun things was watching the charity agility teams run. I got video and a Wood Green team picture. Some of the dogs ran very well indeed, and some thought they had some improvements on the course! A couple just barely made it over the crest of the A-frame, with enthusiastic support from the assembled crowd. This event was just about as far away from the Wood Green stand as one could get, and still be at Crufts. I was worried I would need a visa to get between the two places!

It was four hectic, noisy, busy days and we got a lot done. But suddenly, it was over, and we were packed up and driving home. Just time to debrief, do a bit of training with Nanook and Sue – and then, back to the Netherlands – same prop plane – better weather! (I left enough stuff with Sue that I did not have to pay the surcharge going back to the EU, and she could start a shop.) Stay tuned for details of the work with Sue and Nanook. Sue has done some fine work with him and he is coming along beautifully, and they did some great work together while I was there.

In the Netherlands, it was great to work with the Dutch Certified Trainers again. We worked on Perception Modification skills working on types of touch and personal energy control. Being able to manage one's energy and emotions is as important for the trainer as it is for the animal. In fact, degree of self-mastery often sets the limit for effectiveness with many trainers. In addition to working out touch and cycle skills, we also experimented with personal energy fields and controlling same. It is really fascinating to see, objectively, how people can change their energy, and how you can tell that they are doing so.

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Kayce's Chronicles ...

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Usually, after such a well-received seminar, and outstanding work by all involved, we all deserve a break, so some sight-seeing is in order. Not this time. Erica and I worked for three or four days solid, nailing down the check off sheets for the Certified Trainers. I had already done a lot of work preparing a set of logs, which Erica had also done some preliminary work on. All in all, the package so far is probably upwards of 100 work hours. I hope it shows. These tools will be being made available by the end of the month. Details will come on the SATSdev list or by email.

And then, once again, it was time to pack and get on a plane. This time I had plenty of room in my luggage, and took home two pair of klompen shoes, and my beloved books on the Netherlands. The flight home was uneventful, but I was traveling for over 19 hours. Upon my return, I was greeted by my family, and then straight to work on the next seminars, materials and more. The next seminars? you ask - yes! Michigan is coming up next, and people can get the entire Bridge and Target certification series , back to back, along with the highlights of the SATS and the Family Dog and SATS and the Career Dog.

More on Michigan next time!

PHOTOS FROM CRUFTS



RESEARCH NOTES

NEUROCHEMISTRY 101

By Cheri Voellmann, SATS Certified Trainer

There is a street in an area of town that I avoid. I avoid it because sometimes it makes me have a hard time breathing, sometimes it makes me nauseated and sometimes it makes me cry. On a very rational, conscience level I know this makes no sense as I am just on my way to a restaurant or shopping. But on this street is the Emergency Vet Hospital. As you have probably guessed, this is a place that has some very sad memories for me.

For those of you have studied the basics of learning and behavior, you know I developed an association between a street and a feeling. That street never did anything to me but make my path smoother, but associations don't have to be rational to occur. But let's look at it from a different angle. Why we behave and feel the way we do is a very complex interwoven web that many different types of science work to figure out.

Consider the idea that as I pull off the exit ramp from the highway that leads me to the street by the Emergency Vet clinic that I am undergoing a change on a molecular level. That by the time I am on the street, I am somewhat of a different person then when I was up on the highway. It sounds pretty strange; however, anyone wishing for a better understanding of the animals they work with, and themselves should learn about biochemistry, a very fascinating, yet often overlooked side of behavior.

Without undergoing testing, I can't say for sure whether a molecular change occurs as I leave the exit ramp, however advances in the science of biochemistry suggest that this is not only possible, it's probable. Obviously, this science is far to complex for me to explain in a few paragraphs, or that I fully understand for that matter. Nonetheless, knowing and putting to use some very basic terms and concepts can be life changing for you and your animals.

To start, we need to remember a couple of things we learned back in elementary school. 1) That our bodies are made up of cells and that there is a cell membrane that holds all the parts of the cell together; and 2) Molecules are the tiniest little piece of a substance that is still that substance.

Now for some biochemistry vocabulary.

Receptors - Receptors are molecules found in the membrane of our cells. There are actually millions on each of our cells.(1) Receptors are like loading docks on the Starship Enterprise ready for spacecraft to pull up, dock and unload it's cargo.

But what exactly docks at a receptor and what kind of cargo does it carry? The answer is: peptides, neurotransmitters, food, oxygen, hormones, and drugs – everything the cells will take in. For the purpose of our neurochemistry summary, lets just look at peptides and neurotransmitters. Peptides are a compound of amino acids and neurotransmitters are chemicals in our bodies. Both hold instructions for our cells.⁽¹⁾

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NEUROCHEMISTRY 101, continued

Under various circumstances our bodies create and release these peptides and neurotransmitters into our systems where they dock at receptors and unload their cargo of instructions AND PRODUCTS to our cells. Our cells get promptly to work following those instructions AND USING THESE PRODUCTS. The next thing we know we are feeling different. Depending on the chemical(s) that were released, we may be feeling happy, depressed, anxious, etc. We may also have physical effects such as heart pounding or muscles relaxing.

We all understand the feeling when we have a sudden fright and we have a physical and emotional reaction. This is biochemistry in action. However, in an interesting study at Tufts University (2), it was proven that chemical release can get conditioned so that we can experience a chemical release even when there is no cause.

This study used the natural tendency for rats to aggressively protect their territory. Every day at the same time an intruder rat was placed with a resident rat. The biochemicals in the resident rat were being monitored during the entire event. The study showed a decrease in the calming chemicals and an increase in chemicals associated with aggression every time the intruder rat was brought in. This was done for 10 days. On the 11th day the intruder rat was not brought into the resident rat. However, the biochemical levels in the resident rat were measured nonetheless. Interestingly enough, the chemicals changed just as if the intruder rat had been brought in. The mere expectation of the event was enough to change the chemicals.

The implications are huge. Could this mean that if our animals expect to be frightened, aggressive, excited etc. they are going to feel frightened, aggressive, excited etc. even when there is no cause? What about ourselves. I'm guilty of a periodic bad attitude, a determination that I am not going to like something, or that something will be scary. I just may have chemically been fulfilling my own prophesy. Think about how knowing this can be used to make changes in one's life.

Neurochemistry is much more complex than my short summary and new information is being discovered everyday. However, these most basic of ideas are enough to bring one to a new level of understanding of the connection between our thoughts and feelings and our bodies. To some degree it turns into the "Which came first, the chicken or the egg?" puzzle. Our thinking and behavior is effected by our biochemistry which effects our thinking and behavior, which effects our biochemistry, which effects our thinking and behavior, and on, and on.

The great news is that we have the power to make changes in our lives and in the lives of our animals. These changes can alter these chemicals in our systems so that we get more of what we need and less of what we don't. This results in a happier, healthier more balanced person or animal capable of much greater coping skills, learning ability and overall well being.

Next month we are going to be looking at some of the most common neurochemicals and their specific effects, as well as looking at ways we can work on balancing these chemicals for our animals including some case studies from people who have been able to make these changes for their animals and how they did it.

¹⁾ Pert, Candace B. *Molecules of Emotion: The Science Behind Mind-Body Medicine*. New York: Scribner, 1997.

²⁾ Howard, Margarie. "Anticipating aggression changes brain chemistry, researchers find." *Tufts Journal*. 2003. Tufts University. April, 2003. <http://tuftsjournal.tufts.edu/archive/2003/april/features/violent_behavior.shtml>

“Here, Porkadot”

Porkadot, the pig, learns to touch the two finger target when called

By: Laura Totis,

SATS Certified Trainer

My friend Allysia rescued a pet pig, Porkadot our local animal control saved him from a farm with sick and dying animals. After the state deemed Porkadot healthy, he came to live with Allysia and her four-year-old daughter Meg.

We taught Porkadot some very simple concepts here-to touch your fingers with his nose, the Intermediate Bridge to encourage him along the way, the Terminal Bridge, and the go to place to send him to a target. (Many years ago I had a pet Berkshire sow named Little Blossom, I discovered the logistics of moving an adult hog were sometimes significant.)

So while we originally were just creating a life enriching game for Porkadot it has the benefit of ultimately being a management tool. Allysia called me the other day and left an excited message. "I did not think I would get Porkadot to come inside from playing in the sunshine. But I told him to here then when he touched my fingers I sent him into the barn, AND HE WENT RIGHT INSIDE!!!"

You know it does not seem like much in the greater scheme of what B&T can do. But for the average pet owner just being able to move their animal from point A to point B without turning it into a confrontational battle is huge.

How to Teach Bite Inhibition to Puppies

By Julie Kinsey,
SATS Certified Trainer

I often hear about people having problems with puppy and adolescent mouthing and biting. Most recommendations include corrections or redirection. Here is a solution using bridge and target methods.

From the time my dogs are puppies, I try to teach them about their mouths and to *not* inhibit their bite by making sure they have appropriate objects to explore with their mouths and not making a fuss out of them mouthing the wrong things, thus drawing attention to it.

The dog's mouth is the equivalent of our hands; it's their main tool.

The various parts of the mouth are noted, the lips, the back of the mouth, the gums, the tongue, the teeth, plus the nose, bridge of nose, and chin. Mouth open and mouth closed are taught. I teach the dog to put nose, bridge of nose, and mouth on a dowel or a spoon, and get duration on each position.

I show them my index finger and tell them that I want to put it in their mouth, and I do this very quickly. When they are accepting, I put my thumb on their chin and my middle finger on the bridge of their nose and my index finger in their mouth and we build up duration on hold.

This is the most sensitive way to get bite inhibition I know of, as well as teaching conceptual aspects of the retrieve such as hold, pull, and bite pressure.

TRAINER'S TIPS