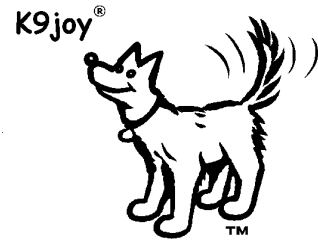




3980 C Riverview Road, Creston, BC, V0B 1G2, Canada  
Fax: +1-775-890-0699 Phone: +1-403-770-1867  
Web: [www.k9joy.com](http://www.k9joy.com) E-mail: [info@k9joy.com](mailto:info@k9joy.com)



## ***SEMINAR/WORKSHOP:***

# **"MENTAL ACTIVATION FOR SMART DOGS"**

### **Overall frame:**

Evening seminar of about 3 hours, for 10-50 students, plus one or more practical workshops with dogs of another 3-3½ hours each, split into smaller groups of 6-12 students with dogs. The practical work with dogs is introduced by a 1-hour lecture and about 1 hour's worth of homework for the participating dog handlers.

### **Who can participate:**

Participants must be at least 15 years of age. The person participating with dog must be physically capable of controlling the dog. Dogs must be brought along with an ordinary buckle collar - no choke chains or harnesses will be allowed.

**It is a great advantage for the student to have participated in the seminar "THE DOG'S SOCIAL INSTINCTS", or in some other way gained an understanding of how needs and instincts are connected with behavior.**

### **Objective:**

**To give the students a fundamental understanding of the dog's needs for mental activation, the reasons behind them, and the practical ways of providing effective solutions in an adequate and rational way.**

**To provide an overview of the possible areas of mental activation:**

**To provide practical experience with the training principles, primarily at a beginners level.** (For advanced dog handlers, special arrangements should be made for a separate practical session to accommodate their needs for more advanced training.)



## Content:

- The initial seminar will introduce the concepts, including the way needs and the satisfaction of them are related to behavior and adequate stimuli, and how behavior can be extended and expanded by means of “shaping” through rewards for success. The topics will encompass:
  - Common behavioral problems and their common origin;
  - Anders Hallgren’s famous studies on the links between dog activity and problem behavior;
  - Practical proof of Anders Hallgren’s hypothesis;
  - The four main areas of mental activation;
  - Incorporating Mental Activation (“BrainWork”) in a busy schedule;
  - The training methodology and how it differs from traditional training methods.
- The workshops will be practical training of the owner with his/her dog in selected exercises, some picked by the instructor (common for all students) and some picked individually by the students themselves to demonstrate to the other students. The activities will encompass:
  - Introduction of the mandatory exercises
  - Choice of commands
  - Preparation for the practical work (individual homework)
  - Acquisition of fundamental training tools;
  - Training of *tricks* and simple obedience exercises;
  - Solving progressively more complicated *problems*;
  - Controlling and *balancing the body* under challenging circumstances;
  - *Nosework* – such as random search, tracking, scent identification etc.

Please be aware that, by default, the practical work will be aimed at giving novices a practical start, without overwhelming him/her more than necessary – it will not aim at providing numerous tricks and ideas to the advanced dog handler, who already masters the principles of this kind of training. However, if there is a reasonable audience with such needs, one of the practical sessions can very well be aimed at such advanced students, with the purpose of assessing their current stage of training, extending additional hints and personal recommendations to improvements of training methodology, and providing a forum for discussion of additional ideas for relevant challenges of the dogs.



## **Good reasons for participating in this seminar/workshop...**

Very few dogs are born leaders. Most of them are natural “followers” who wait for their leader to take initiative for action.

A responsible dog owner, you are obliged to make sure that this fundamental need is satisfied for your dog. *The need for meaningful activity on a daily basis is more important for the dog than the need for food!!!!* And nobody is in doubt that the dog must be fed... So there should really be nobody with a dog that is not adequately stimulated either....

Dogs are not like people, who can entertain themselves by all kinds of games. The dog’s “games” involve interaction with someone else – or at least some kind of preparation by someone else. Dogs that are not being adequately stimulated resort to all kinds of destructive and obnoxious behavior. On top of that, their boredom very often results in physical diseases (itchiness, blisters, skin rashes, self-destructive biting etc.) which the veterinarian can do nothing about with medication!

If you have a dog that shows any of these behaviors, then you are a prime candidate for this workshop:

- Incessant barking
- Separation anxiety
- Hyperactivity
- Compulsive behaviors
- Sleeps more than 20 hours a day...
- Destroys things when you are not there...
- Pees or poops indoors, despite the fact that it is well house-trained...

Dogs that are not given any chance of using their brain in accordance with its preprogrammed instincts are as prisoners that are kept confined with nothing meaningful to do. They will often adapt (to a certain degree) by sleeping their time away. But all they do by this is damming up energy, so when you finally give them a chance to some meaningful activity, they almost explode – and provide you with an experience that might be different from enjoyable...

Many people try to deal with such “problem behaviors” by giving the dog more physical exercise – but that will only make the dog more *fit* – and request even more! Another inadequate solution is to get another dog – but that will only eliminate yourself from the pack, since the two dogs will now form a pack together, and the amount of possible destruction in your home is just increasing dramatically...



## **What you get out of this seminar/workshop:**

You will learn to understand your dog's fundamental needs and how you can provide adequate satisfaction for them - even the hunting needs! You will learn how to do this without having anything else available than an apartment and public streets and parks. And you will learn to do this in a way that is possible to fit into a busy schedule where only a few hours every day can be devoted to the dog.

You will learn why traditional obedience training does not make your dog obedient - and you will learn how you need to structure your training so that you actually get results that matter, both for you and for your dog.

You will get started on some simple exercises you can develop into complicated tricks you can impress your friends with, if you want. You will get enough inspiration to figure how you can start the process of teaching your dog much more fun things to do. You will get to know how you can develop the degree of difficulty you provide for the dog in accordance with its stage of learning and skill.

You will have a lot of fun with your dog, during the course and afterwards.... And it will warm your heart to see how much the dog enjoys these kinds of activities...

You might choose to involve other members of the family in these activities. It might be a much better use of their committed time, compared to demanding them to take the dog out for a walk in the rain...

## **What your dog will get out of your participation:**

Your dog will love you for this! Once you get it to understand (as you will learn to do from this workshop) that you are the provider of the most important fun it can have, it will simply hang around you and look to you as a Guru that takes it to Disneyland every day!

Your dog will become content with its life, and you will have an easy time letting it rest, because it now rests in order to recoup mental and physical energy, not to escape boredom...

You might see many irritating medical problems for the dog simply disappear (if your dog has any) - indicating that they were caused by mental under-stimulation. In any case, mental activation will make your dog feel better, on a daily basis - and it will ultimately save on your vet bills.

Your dog's content happiness will have an impact on you - and that will in turn come back to the dog in the form of a much more enjoyable relationship between the two of you - for both of you.